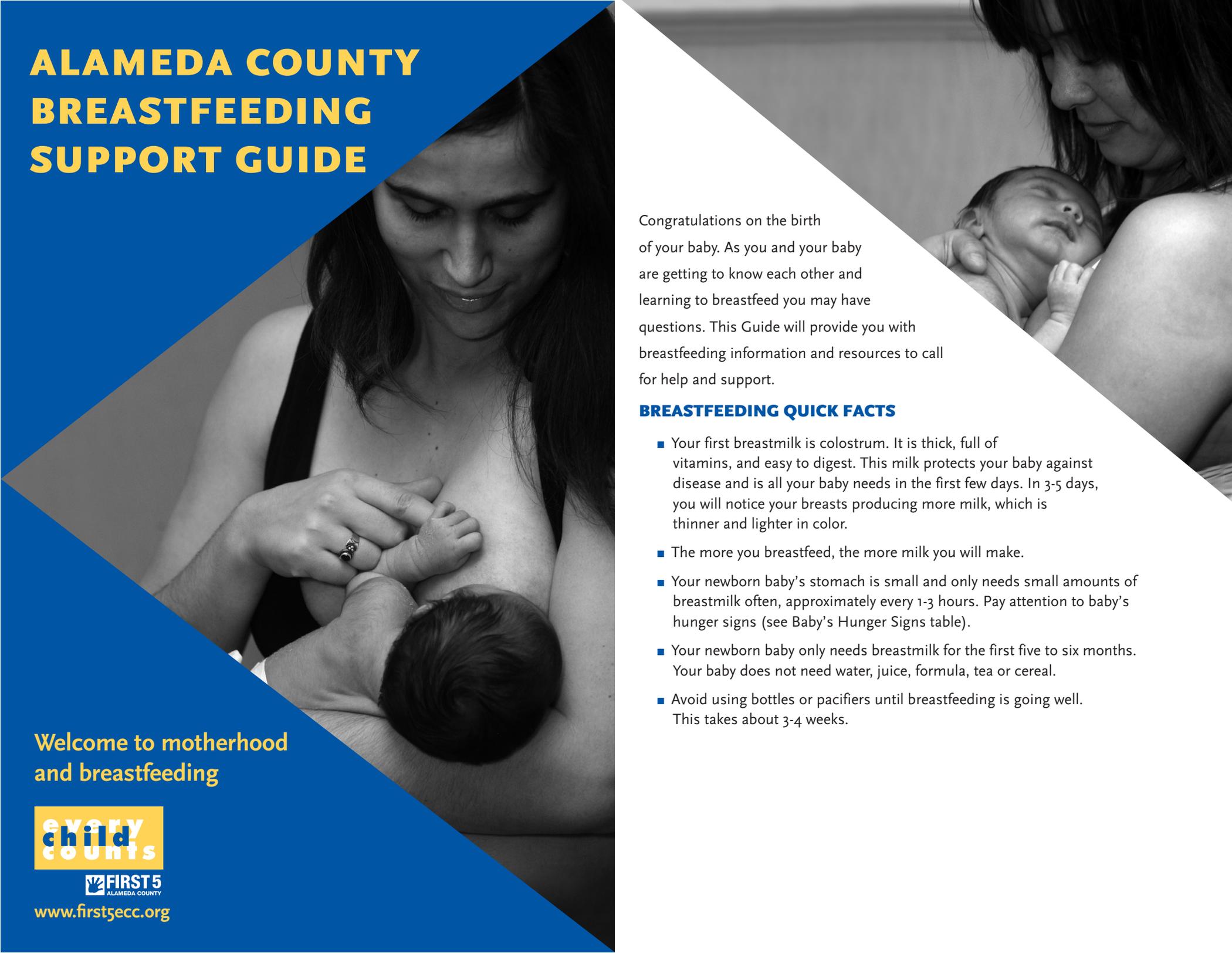


# ALAMEDA COUNTY BREASTFEEDING SUPPORT GUIDE



Congratulations on the birth of your baby. As you and your baby are getting to know each other and learning to breastfeed you may have questions. This Guide will provide you with breastfeeding information and resources to call for help and support.

## BREASTFEEDING QUICK FACTS

- Your first breastmilk is colostrum. It is thick, full of vitamins, and easy to digest. This milk protects your baby against disease and is all your baby needs in the first few days. In 3-5 days, you will notice your breasts producing more milk, which is thinner and lighter in color.
- The more you breastfeed, the more milk you will make.
- Your newborn baby's stomach is small and only needs small amounts of breastmilk often, approximately every 1-3 hours. Pay attention to baby's hunger signs (see Baby's Hunger Signs table).
- Your newborn baby only needs breastmilk for the first five to six months. Your baby does not need water, juice, formula, tea or cereal.
- Avoid using bottles or pacifiers until breastfeeding is going well. This takes about 3-4 weeks.

Welcome to motherhood  
and breastfeeding



[www.first5ecc.org](http://www.first5ecc.org)

## WHEN BREASTFEEDING

- Your baby's body should be close to yours — baby's tummy touching your tummy.
- Your baby's mouth should be wide open like a yawn.
- Your baby's chin should be touching your breast, with baby's lips spread out over the darker area around your nipple (see photo below).
- Your baby's cheeks should be rounded — not dimpled or sucked in (see photo below).

## THINGS ARE GOING WELL WHEN

- Your baby is feeding 8-15 times a day or every 1-3 hours.
- Your baby has one long sleep stretch of 4-5 hours in a 24-hour period.



## UNDERSTANDING YOUR BABY'S HUNGER SIGNS

- Feed your baby as soon as he or she shows signs of hunger.
- Early signs of hunger are:

Moving lips and tongue and opening mouth	Sucking on mouth or fingers
Making smacking noises	Drooling
Turning head from side to side	Moving more
Trying to put hand to mouth	Fussiness

- Crying is a late sign of hunger.
- Breastfeeding is easier when you feed your baby at the earliest signs of hunger.

## WHEN TO CALL FOR SUPPORT

- If you are uncomfortable, or have pain, you may need to take your baby off the breast and re-latch in a better position. Put your clean finger in the corner of your baby's mouth to break the suction first, and then gently take baby off the breast.
- If pain or discomfort continues, call for support (see referrals on last page of this guide).

## ENGORGEMENT

Full breasts are normal in the first week or two. If your breasts have any of the following symptoms, you may be engorged:

- Your breasts are hard or hot and shiny
- You cannot gently squeeze behind your nipple
- Baby has a hard time latching

For relief of engorgement, try:

- Breastfeed often, every 1-2 hours.
- Use your hands or a breast pump to take out a small amount of breastmilk. You may place it in a clean container and store it in the freezer for later use (see instructions on hand expression).
- Apply cool cloths or cold packs often to swollen breasts for 20 minutes.
- Call for help and support (see back page of this guide).

## HAND EXPRESSION

- Wash your hands with soap and water
- Use a clean bowl to catch your milk when expressing
- Gently massage your breasts working towards your nipple
- Put your thumb on the dark area above your nipple and the rest of your fingers on the dark area below your nipple. Your hand may be in the shape of a “C”.
- Press your hand back in towards your chest, then slowly bring your fingers together toward your nipple
- Express milk out
- Continue hand expression, rotating your fingers around the dark area, your hand should be in the shape of a “U”
- Continue until you feel the dark area around your nipple soften. This will make it easier for your baby to latch onto your breast.



## DIAPER LOG

This Log will help you keep track of how well your baby is breastfeeding in the first week. As your milk changes your baby’s poops will change too.

On day 1 and 2 your baby will have black, thick and sticky poop. By day 3 this will change to brownish/green poop. By day 4 it will change to green or yellow poops. By day 5 your baby should have yellow poops.

Your baby should have about 1 Wet (W) diaper and 1 Poop (P) diaper for each day of life. By day 5 your baby should have 5 Wet diapers and 3 – 4 Poop diapers in 24 hours.

Circle W each time your baby has a Wet diaper. Circle P every time your baby has a Poop diaper. It is fine if your baby uses more diapers than in the log below, just add a W or P depending on the diaper change.

Day 1	W	P								Black, thick, sticky
Day 2	W	W	P	P						Brownish/green poop
Day 3	W	W	W	P	P	P				Green or yellow
Day 4	W	W	W	W	P	P	P			Green or yellow
Day 5	W	W	W	W	W	P	P	P	P	Yellow
Day 6	W	W	W	W	W	W	P	P	P	Yellow
Day 7	W	W	W	W	W	W	P	P	P	Yellow



## HOW FATHERS AND PARTNERS CAN HELP

### Ways to bond with and soothe your baby

- Neck Nestling: Cuddle your baby's head into your neck, resting your chin on top of baby's head and sing or hum a droning, deep tune. Your voice vibrates into your baby's head and ears, and calms.
- Give the baby a warm bath.
- Sing your baby soothing lullabies.
- Wear your baby! Carry your baby in a sling or a front carrier and take a walk.
- Warm Fuzzy: Drape baby over your chest, skin-to-skin, with baby's ear over your heartbeat.
- Infant Massage: Using lotion or massage oil, gently massage baby starting at the feet, tenderly moving towards the head.
- The Football Hold: Baby lies along your forearm, with baby's head resting near the crook of your elbow, with legs straddling your hand. A relaxed baby will let his/her limbs hang.
- Baby Bends: Grasp baby's legs and pump them towards the tummy. Also, try bicycle motions with their legs. Be careful to do this very gently!



### What you can do for the breastfeeding mother

- Support the baby's mother. Comfort your baby and allow mom to have time to rest and care for herself between feedings.
- Bring in or prepare food and take over other daily chores.
- Encourage mom to take naps.
- Pamper mom. New moms need extra snacks and fluids. Bring these to her.
- Be aware of mom's needs. Remember new mothers are tired and have many mood swings because of hormonal changes.
- Be patient and loving. Encourage her to get the help she needs to keep breastfeeding. It gets easier over time and the benefits last a lifetime.
- Enjoy your new family!

*How Fathers and Partners Can Help* is based on an article by William Sears, MD, doctor and father of 8 breastfed children

## BREASTFEEDING SUPPORT RESOURCES FOR ALAMEDA COUNTY RESIDENTS

RESOURCE	CONTACT INFO	NOTES	FEES
Bay Area Lactation Associates	510-524-5521	Recorded referral to lactation consultants. English only	Fees
La Leche League East Bay	510-496-6009 www.lalecheleague.org	Recorded referral for volunteer mother-to-mother support. English only.	Free
National Women's Health Information Center	1-800-994-WOMAN (96626)	National Breastfeeding Help Line (Eastern Standard Time)	Free

## HOSPITAL BREASTFEEDING SUPPORT GROUPS

RESOURCES	CONTACT INFO
Alameda County Medical Center (Highland)	510-437-5195
Alta Bates/Summit Medical Center	510-204-6546
Eden Hospital	510-889-5045
St Rose Hospital	510-264-4044
Valley Care Health Systems	925-416-3598
Washington Hospital	510-494-7013

## HEALTH PLAN MEMBERS

RESOURCE	CONTACT INFO	NOTES
Alameda Alliance for Health	510-747-4577	Multiple languages available. Will call back within 24 hours.
Blue Cross Medi-Cal	1-800-231-2999	General information line.
Kaiser Hayward	510-784-2804	Multiple languages available. Will call back within 24 hours.
Kaiser Oakland	510-752-7557	Multiple languages available. Will call back within 24 hours.

## WIC PARTICIPANTS

**Multiple languages are available at WIC sites. Leave a message. Calls are usually returned by the end of the work day, Monday through Friday.**

Alameda County Eastmont	510-577-7058
Alameda County Hayward	510-670-5061
Alameda County Telegraph	510-595-6470
City of Berkeley Public Health Nursing	510-981-5390 - Warm Line
La Clinica de la Raza	510-535-4110
Native American Health Center	510-434-5310
Pleasanton	925-462-2365
Tiburcio Vasquez Health Center	510-471-5913 ext. 3227
West Oakland Health Center	510-302-3734