A Guide to Breastfeeding Support

What’s inside?
◆ Tips for Breastfeeding Mothers
◆ Resources for Support and Consultation
◆ How Fathers and Partners Can Support

“WHAT A LUCKY BABY”

A Collaboration between:
◆ Alameda County Breastfeeding Coalition-Alameda County Department of Public Health, Maternal, Child and Adolescent Health and
◆ Every Child Counts, First Five Alameda

Revised 2006
Breastfeeding Support for Alameda County Residents

- Bay Area Lactation Associates: 524-5521 (fee for service)
  (Recorded referral to lactation consultants. English only.)

- La Leche League East Bay: 496-6009 (free services)
  (Recorded referral for volunteer mother-to-mother support. English only.)
  www.lalecheleague.org

- National Women’s Health Information Center- Federal Breastfeeding Help Line
  1-800-994-WOMAN (96626) (Eastern Standard Time)

- Berkeley Public Health Nursing: 981-5300 (free services)
  For all Berkeley residents.

Health Plan Members

- Alameda Alliance for Health: 747-4577
  (Multiple languages available. Will call back within 24 hours.)

- Blue Cross Medi-Cal: 1-800-231-2999
  (General information line.)

- Kaiser Hayward: 784-2804
  (Multiple languages available. Will call back within 24 hours.)

- Kaiser Oakland: 752-7557
  (Multiple languages available. Will call back within 24 hours.)

If you are a WIC participant, call...

- Alameda County: 595-6470


- La Clinica de la Raza: 535-4110

- Native American Health Center: 535-4438

- Pleasanton: 925-462-2365

- Tiburcio Vasquez Health Center: 471-5913 X18

- West Oakland Health Center: 302-3734

Multiple languages are available at WIC sites. Leave a message.
Calls are usually returned by the end of the work day, Monday through Friday.
Welcome to Motherhood and Breastfeeding
You have made a great parenting decision to breastfeed!

When breastfeeding…

✓ Is baby’s body close to yours, facing you?

✓ Is baby’s mouth wide open like a yawn? (See picture 1)

✓ Are baby’s lips spread wide? When latched correctly the lower lip is not visible. (See picture 2)

✓ Are baby’s cheeks rounded? The baby’s cheeks should not be dimpled or sucked in. (See picture 2)

✓ You can hear baby swallowing (when baby is more than 48 hours old).

✓ Is it comfortable after the baby latches and when baby sucks during feedings?

✓ Is your baby feeding 8-14 times a day or every 1-3 hours? Does your baby have one long sleep stretch of 4-5 hours in a 24-hour period?

Tips

✓ Your baby may have 1 wet diaper and black, sticky poops on the first day. This will increase day by day, so that by 5 days of age, your baby will have more than 5 wet diapers per day and more poops that will be yellow.

✓ If there is pain, you may need to take the baby off the breast and re-latch in a better position. Put your clean finger in the corner of the baby’s mouth to break the suction first.

✓ If you feel any pain or discomfort, call for support (See referrals on first page of this guide).

Picture 1, baby’s mouth is wide open
Picture 2, baby is latched on
Breastfeeding Tips

- Your first breastmilk is colostrum. It is thick, full of vitamins, and easy to digest. 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’s stomach is the size of a walnut and only needs small amounts of breastmilk as needed, approximately every 1-3 hours. Pay attention to baby’s hunger signs (see below).

- Your newborn baby only needs breastmilk for the first five to six months. Your baby does not need water, juice, formula, or tea.

- Do not use bottles or pacifiers until breastfeeding is going well. This takes about 3-4 weeks.

Understanding your baby’s hunger signs:

- Feed your baby as soon as he or she shows hunger signs.

- Your baby shows early signs of hunger by: moving lips and tongue, opening mouth, making smacking noises, turning head from side to side, trying to put hand to mouth, sucking on mouth or fingers, drooling, moving more, and fussiness.

- Crying is a late sign of hunger. Breastfeeding is easier when mom feeds her baby after the earlier signs of hunger.

If your breasts have any of the following symptoms, you may be engorged:

- If your breasts are swollen, 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 a breast pump or your hands to take out some breastmilk. Place it in a clean container and store it in the freezer for later use.

- Apply cool wet cloths or cold packs often to swollen breasts for 20-minutes.

Call for help and support (see first page of this guide)
How Fathers and Partners Can Help

Ways to bond with and soothe your baby:

- **Warm Fuzzy:** Drape baby over your chest, skin-to-skin, with baby’s ear over your heartbeat.
- **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.
- **Wear your baby:** Carry your baby in a sling or a front carrier and take a walk.
- **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!
- **Give the baby a warm bath.**
- **Sing your baby soothing lullabies.**

What you can do for the breastfeeding mother:

- Support the baby’s mother. Comfort baby and allow the mother 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!

*(Based on an article by William Sears, MD, doctor and father of 8 breastfed children.)*