

## **BREASTFEEDING CARE PLAN**

Positioning:            Cradle            Football            Side-lying

- Mom and baby are belly to belly.
- Mom is holding breast, fingers far from the areola.
- Mom's hand is on back of baby's neck and base of head.

Latch-on:

- Stimulate nipple and use it to stroke the baby's lips.
- Wait for a wide-open mouth, then quickly center the baby's mouth to surround the nipple.
- Baby's lips are flanged (turned out); nose and chin are touching your breasts.
- You feel a pulling sensation when the baby suckles.
- If you feel pinching instead of pulling, gently break the latch and start over.

Feedings:

- Eight to 12 times within 24 hours. Wake your baby every three hours to breastfeed.
- Offer both breasts. Alternate breasts.
- Encourage the baby to suckle with active rhythm.

Reassurance that your baby is getting enough:

- Feeding eight to 12 times every 24 hours.
- Hear swallowing while baby sucks rhythmically and with pauses.
- Six wet diapers and at least two stools per day by Day Four or Five.

Keeping baby awake:

- Undress the baby down to the diaper.
- Move breast to keep baby active and awake.
- Burp baby and change diaper when you switch to using the other breast.

Care for sore nipples:

- Correct positioning and latch.
- Use pure lanolin or expressed milk on nipple after feedings.
- Break baby's suction with your finger before re-latching.

Engorgement:

- Breastfeed often.
- Warm shower or compresses before feeding. Cool compresses after.

Pumping: (use a pump if baby is not latching, has an ineffective suck or if you are returning to work)

- Pump eight to 10 times every 24 hours (for newborn).
- Massage breasts. Pump until flow stops. Alternate breasts two to three times.
- Options for breast pumping at home
  - rent a breast pump
  - purchase a breast pump