

PREPARING BEFORE BIRTH:

- Order a breast pump through insurance!
- Schedule a breastfeeding basics class to learn how to get off to a successful breastfeeding start.
- Meet with a lactation consultant – many issues down the road can be prevented with the right education and support before the birth of a baby.

WEEK 1:

- The first week of breastfeeding is always the hardest.
- Perfecting the latch doesn't always happen right away. It takes time and patience to establish.
- Skin to skin is effective for establishing a solid breastfeeding connection.
- Uncomfortable engorgement is normal as your body is trying to regulate your supply to the level your baby needs.

MONTH 1:

- Breastfeeding on demand will help keep your baby happy.
- If you're concerned about milk production, talk to your LC or doctor before supplementing with formula. It can be hard to measure the amount of milk your baby is consuming but if your baby is healthy and growing, that's what matters.
- Stock up on breastfeeding supplies to begin transitioning back into routines without leaks and discomfort.
- Use your breast pump to begin storing milk.

MONTHS 2-5:

- If you are actively pumping, be sure you're replacing pump parts / supplies on a 90-day basis.
- Remember that pumping and nursing in public is a legal right.
- Have a "breastfeeding cheerleader" to uplift your spirits when feeling overwhelmed or doubtful.
- Plan ahead by creating a back to work breastfeeding plan.

MONTH 3:

- Your breasts are beginning to regulate milk to match your baby's appetite.
- An efficient routine is in place and it's taking less time to nurse. But to avoid becoming uncomfortably engorged, try pumping on the opposite side you're nursing from.
- Most babies will still be waking up in the middle of the night to nurse.

MONTH 4:

- Your baby has now received valuable immunities and nutrients from your breast milk to fight off infections and viruses more efficiently.
- Due to a growth spurt, your baby may be more hungry and nursing more frequently.

MONTHS 6-12:

- Nursing your baby as they cut their first teeth is normal. Talk to an LC about how to prevent biting and avoid injuries.
- Begin incorporating solid foods (less than 25% of baby's diet by 12 months old) with breast milk still being the primary food source.
- Baby may be distracted during nursing sessions now that they're attuned to people, sights, and sounds around them.

YEAR 1 & BEYOND:

- The American Academy of Pediatrics recommends breastfeeding for at least one year because of the health benefits provided by breast milk. The human body is designed to breastfeed for up to seven years after birth but do what is best for you, your child, and your unique situation!
- Breast milk consistency changes and becomes more concentrated.
- Breastfeeding can become increasingly challenging, but the value of breast milk is still relevant. Changes to nursing habits, like constant or very infrequent or nursing for comfort, are normal.
- Night weaning is possible but sleeping through the night without feeding is a physiological milestone that will be reached when they're ready.

The Size of a Baby's Stomach —

Worrying you may not be producing enough milk?
Remember, your baby's stomach is tiny!

