Aeroflow Breastpumps

Babycare for the Breastfed Baby

RESOURCE GUIDE

Helpful Links

- **Diapering**
- Pee & Poop Chart
- Getting a Deep Latch
- Laid-Back Positioning
- Breastfeeding Pillows
- Paced Bottle Feeding
- How to Store Your Breast
 Milk
- Bathing Your Baby
- Nail, Skin, And Umbilical
 Cord Care
- Safe Sleep 7
- Breastfeeding and Bedsharing
- Normal Newborn Behavior
- Feeding Cues and Frequency

- Swaddling and Breastfeeding
- AAP- SIDS Info
- Dona Doula Directory
- Doula Match Directory
- Postpartum Depression
 Resources
- CDC Developmental
 Milestones
- Childhood Safety: Car
 Seats, Product Recalls &
 Safety Tips by Age
- How Circumcision Affects

 Breastfeeding

SHOP RECOMMENDED PRODUCTS



The Pumping Room

Your go-to source for all things pregnancy and breastfeeding.

JOIN TODAY!

Canopie Mental Health App

Canopie is your partner in maternal mental health.

Aeroflow moms have free access to the app, including customized audio & video programs - plus live classes!

Free access code: BABYCARE

DOWNLOAD APP

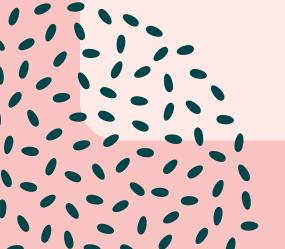


Babycare for the Breastfed Baby

RESOURCE GUIDE

Class Notes Table of Contents

- Diapering
- Umbilical Care
- Breastfeeding
- Baby's Skin, Face, Head and Nails
- Sleeping
- Postpartum Care for the Family
- Bathing
- Tips for Clearing Baby's Nose
- Taking Baby's Temperature
- When to Seek Medical
 Attention
- Childhood Safety
- <u>Tips for Soothing a Fussy Baby</u>
- References





Babycare for the Breastfed Baby

Class Notes

Diapering

- The baby's first stool is dark and tarry and will gradually transition to yellow, runny and seedy around day 3-4 of life.
- At 1 week of age, breastfed newborns should have 6+ wet diapers and 3+ dirty diapers every 24 hours.
 - Pee & Poop Chart

• Diapering for Boys

- Clean under the scrotum.
- Never push or pull the foreskin of an uncircumcised penis on a baby.
- Follow your doctor's instructions for circumcision care.
- Call your baby's doctor if you notice any signs of infection at the circumcision site (redness, swelling, tenderness, draining, bleeding).
- How Circumcision Affects Breastfeeding

Diapering for Girls

- Wipe from the front to the back.
- Clean the external genitalia only.

Umbilical Care

- Keep the cord stump clean and dry.
- If visibly soiled, you can gently clean the cord stump with a damp washcloth, moistened cotton ball, or Q-tip.
- If the area becomes reddened, firm, has pus or a foul smell, contact your baby's doctor.
- Expect the cord stump to fall off around 12-14 days after birth.



Breastfeeding

- Exclusive breastfeeding is recommended for the first six months of baby's life.
 - Adding solid foods is recommended at around six months with continued breastfeeding until at least two years of age and as long as it is mutually desired by mom and child.
 - Getting a Deep Latch
 - <u>Laid-Back Positioning</u>
 - Breastfeeding Pillows
- Feed baby on cue at least 8-12 times in 24 hours.
 - Feeding Cues and Frequency
 - Crying is a late feeding cue!
- Avoid bottles and pacifiers until breastfeeding is well established, usually around 4-6 weeks.
 - Any time a bottle is given, use a <u>Paced Bottle</u>
 <u>Feeding</u> technique.
 - How to Store Your Breast Milk

It is NORMAL that baby doesn't feed on a schedule.

Baby's Skin, Face, Head and Nails

- Your baby may have milia, cradle cap, baby acne, or peeling skin which are all considered normal and typically require no special treatment.
- Your baby has two fontanelles or "soft spots" on their head which will close on their own (about 3 months for the posterior and 18 months for the anterior).
- Breast milk in your baby's eye may help with inflamed tear ducts.
- Baby nails can be trimmed using a file, infant nail clippers, or infant nail scissors.
- Nail, Skin, And Umbilical Cord Care





Sleeping

- Sleep is a developmental process that is different for each baby.
- Keep baby close to you and feed them when they are showing hunger cues.
- It is biologically normal and important for babies to wake to feed at night to protect against SIDS, ensure proper milk intake and maintain your milk supply.
 - American Academy of Pediatrics SIDS
 Information
 - Safe Sleep 7
 - Breastfeeding and Bedsharing
- Certain aspects of sleep training can be damaging to breastfeeding.
 - Avoid:
 - Specified sleep, wake, and feeding windows.
 - Scheduled feedings.
 - Not responding to baby's needs at night (cry-it-out).
 - Restricting feedings to a certain amount of time.
 - Restricting nighttime feedings before baby shows signs of readiness and is at least 6 months old.
- Don't forget about our <u>Sleep for the Breastfed</u>
 <u>Baby</u> class!



Postpartum Care for the Family

- Accept offers of help from family members or friends.
- Consider hiring a postpartum doula who is supportive of breastfeeding.
- Consider joining a postpartum support group.
- Don't forget about our <u>The Brain-Boob</u>
 <u>Connection</u> class!
 - Dona Doula Directory
 - Doula Match Directory
 - Postpartum Depression Resources

Bathing

- Consider delaying baby's bath until you get home if you are delivering at a hospital or birth center.
- Sponge baths are recommended until your baby's umbilical cord stump falls off (typically around 12-14 days).
- Bathing baby every **2-3 days** is adequate during the newborn stage.
- Bath temperature should be warm, but not hot (around 100 degrees F).
- How To:
 - If giving a sponge bath, only uncover the part of baby's body you are washing, then recover to prevent heat loss.
 - Start with face and eyes.
 - Move down the body.
 - Save baby's hair for last.
 - Wash baby's genitals gently and rinse thoroughly.
- Bathing Your Baby



Tips for Clearing Baby's Nose

- It is not necessary to clear your baby's nose on a regular basis - only if congestion is preventing them from breastfeeding well or making breathing uncomfortable.
- Always squeeze the bulb syringe BEFORE inserting into baby's nose; once gently inserted, slowly release the bulb.
- Nosefrida is an option.
- Q-tips work well, but should not be inserted past the rim of baby's nostrils.

Taking Baby's Temperature

- It is not necessary to regularly take your baby's temperature unless they are showing signs of illness.
- For babies under 4 months, report any elevated temperature to the pediatrician.
- Consult your baby's pediatrician on the route they recommend taking the temperature (under the arm, forehead, ear or rectal).
 - To obtain a rectal temperature, gently insert a rectal thermometer no more than ½"-1" into the rectum - never force it.



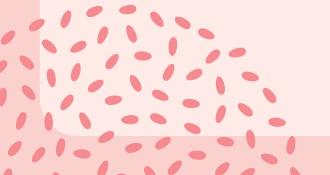


When to Seek Medical Attention

- Talk with your baby's provider about how to get in touch with them if your baby needs medical attention.
- You should contact your baby's provider if your baby has any of these symptoms:
 - Temperature of 100.4 or higher
 - Rapid Breathing
 - Cough or wheezing
 - Lethargy
 - Decreased appetite
 - Consistently sleeping through feedings
 - Inadequate diaper output
 - Inconsolable crying
 - Sudden change in bowel, urinary or eating habits
 - Watery, green, mucousy or foul smelling stool
 - Excessive vomiting or green/bloody vomit
 - Showing signs of infection
 - Concerning rash
 - White patches in the mouth

Childhood Safety

- CDC Developmental Milestones
- Childhood Safety including Car Seats, Product
 Recalls and Safety Tips by Age



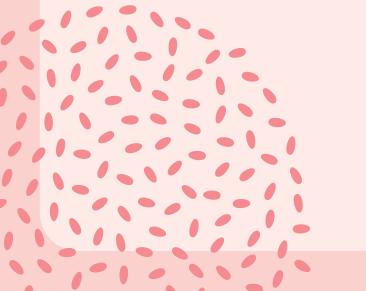


Tips for Soothing a Fussy Baby

- Seek medical attention for inconsolable crying.
- Try skin-to-skin.
- Remove adult stimulation (phone, tv, radio, bright light, crowded room, etc).
- Swaddle for comfort rather than as a habit.
- Ensure baby isn't too hot or too cold.
- If using a pacifier, be careful not to use it to suppress hunger cues or delay feedings.
- Go for a walk or sit outside for a few minutes.
- Babywearing is an excellent way to help soothe baby.
- Don't forget about our <u>Babywearing and</u>
 <u>Breastfeeding</u> class!
- Normal Newborn Behavior

View
Upcoming
Classes

Book an Appointment





References

- https://www.healthychildren.org/English/ages-stages/baby/Pages/babys-first-days-bowel-movements-and-urination.aspx
- $\bullet \quad \underline{\text{https://www.healthychildren.org/English/ages-stages/baby/diapers-clothing/Pages/Diaper-Rash.aspx} \\$
- https://www.healthychildren.org/English/ages-stages/baby/diapers-clothing/Pages/Diapers-Disposable-or-Cloth.aspx
- https://www.healthychildren.org/English/ages-stages/baby/diapers-clothing/Pages/Changing-Diapers.aspx
- https://www.healthychildren.org/English/ages-stages/baby/bathing-skin-care/Pages/Caring-For-Your-Sons-Penis.aspx
- https://kidshealth.org/en/parents/circumcision.html
- https://healthychildren.org/English/ages-stages/baby/bathing-skin-care/Pages/Umbilical-Cord-Care.aspx
- https://www.healthychildren.org/English/ages-stages/baby/feeding-nutrition/Pages/Is-Your-Baby-Hungry-or-Full-Responsive-Feeding-Explained.aspx
- https://doi.org/10.1542/peds.2022-057988
- https://www.youtube.com/watch?v=OGPm5SpLxXY
- https://www.healthychildren.org/English/ages-stages/baby/crying-colic/Pages/Pacifiers-and-Thumb-Sucking.aspx
- https://www.stanfordchildrens.org/en/topic/default?id=newborn-appearance-90-P02691
- https://healthychildren.org/English/ages-stages/baby/bathing-skin-care/Pages/Nails-Nails-Everywhere.aspx
- https://www.healthychildren.org/English/ages-stages/baby/Pages/Newborn-Reflexes.aspx
- https://doi.org/10.1089/bfm.2023.29236.abm
- https://doi.org/10.1542/peds.2022-057990
- https://doi.org/10.1089/bfm.2019.29144.psb
- https://doi.org/10.3928/19382359-20200218-01
- https://doi.org/10.1891/cl-2021-0004
- https://americanpregnancy.org/healthy-pregnancy/planning/postpartum-doula/
- https://www.postpartum.net/get-help/help-for-moms/
- https://www.healthychildren.org/English/ages-stages/baby/bathing-skin-care/Pages/Bathing-Your-Newborn.aspx
- <a href="https://www.who.int/tools/your-life-your-health/life-phase/newborns-and-children-under-5-years/caring-for-newborns-and-children-years/caring-for-newborns-and-children-years/caring-for-newborns-and-children-years/caring-for-newborns-and-children-years/caring-for-newborns-and-children-years/caring-for-newborns-and-children-years/caring-for-newborns-and-children-years/caring-for-newborns-and-children-years/caring-for-newborns-and-children-years/caring-for-newborns-and-children-years/caring-for-newborns-and-children-years/caring-for-newborns-and-children-years/cari
- https://health.clevelandclinic.org/how-to-help-your-baby-or-toddler-clear-a-stuffy-nose/
- https://www.healthychildren.org/english/health-issues/conditions/fever/pages/how-to-take-a-childs-temperature.aspx
- https://healthychildren.org/English/family-life/health-management/Pages/Well-Child-Care-A-Check-Up-for-Success.aspx
- https://www.healthychildren.org/English/health-issues/conditions/fever/Pages/When-to-Call-the-Pediatrician.aspx
- https://healthychildren.org/English/ages-stages/baby/crying-colic/Pages/Calming-A-Fussy-Baby.aspx
- https://doi.org/10.1007/s43465-021-00513-3
- https://hipdysplasia.org/hip-healthy-products/
- https://www.llli.org/breastfeeding-info/baby-wearing/
- https://onlinelibrary.wiley.com/doi/10.1111/apa.15628

Disclaimer: This class is intended for general education purposes only and should not replace any medical direction from your healthcare provider. Please seek advice from your own healthcare provider and lactation consultant (IBCLC) for individualized recommendations.