

# Babycare for the Breastfed Baby

## RESOURCE GUIDE

### Helpful Links

- [Pee & Poop Chart](#)
- [Making the Decision to Circumcise or Not](#)
- [Getting a Deep Latch](#)
- [Laid-Back Positioning](#)
- [Paced Bottle Feeding](#)
- [How to Store Your Breast Milk](#)
- [How Circumcision Affects Breastfeeding](#)
- [American Academy of Pediatrics SIDS Info](#)
- [Safe Sleep 7](#)
- [Breastfeeding and Bedsharing](#)
- [Dona Doula Directory](#)
- [Doula Match Directory](#)
- [Postpartum Depression Resources](#)
- [Bathing Tips](#)
- [Childhood Developmental Milestones from the CDC](#)
- [Searchable Infant Care Database](#)
- [Childhood Safety: Car Seats, Product Recalls & Safety Tips by Age](#)
- [My Breast Friend Nursing Pillow](#)

[SHOP RECOMMENDED PRODUCTS](#)



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### 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**

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# Babycare for the Breastfed Baby

RESOURCE GUIDE

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# Babycare for the Breastfed Baby

## Class Notes

### Diapering

- At 1 week of age, breastfed newborns should have 6-8+ wet diapers and 3-4+ dirty diapers every 24 hours.
- The baby's first stool is dark and tarry and will gradually transition to yellow, runny and seedy around day 3-4 of life.
  - Diaper Count 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).
  - Making the Decision to Circumcise or Not
  - 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
  - Laid-Back Positioning
- Feed baby on cue **at least 8-12 times in 24 hours.**
- 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 Paced Bottle Feeding Technique.
  - Paced Bottle Feeding
  - How to Store Your Breast Milk

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

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## 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.



# 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 [\*\*Sleep for the Breastfed Baby\*\*](#) 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 [The Brain-Boob Connection](#) 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 re-cover 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 Tips](#)





## 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

- [Childhood Developmental Milestones from the CDC](#)
- [Searchable Infant Care Database](#)
- [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 [\*\*Babywearing and Breastfeeding\*\*](#) class!

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