



Important Points to remember!

1. **The Power of Skin-to-Skin Contact:** Right after birth, hold your *baby close to your chest*. The skin-to-skin contact promotes bonding and helps initiate breastfeeding. From 0 to 99yrs you can always do this with your child.

Start breastfeeding as soon as possible. Breastfeed *immediately after birth or within one hour after birth*. This will help to establish your milk supply and promote bonding with your baby.

2. **Feeding Frequency:** Newborns need to feed frequently, about 8-12 times a day. This frequency helps establish your milk supply and ensures your baby gets the nourishment they need.

Breastfeed your baby on *Hunger cues*. This means feeding them whenever they are hungry. Early cues include lip-smacking and rooting, while late cues might involve fussiness or crying

If you cannot identify hunger cues/ if the baby is lethargic or sleeping more *feed the baby every 2-3 hours once and gently arouse* them if they're in deep sleep.

Note: Keeping track of baby's weight, urine, and poop output is highly recommended.

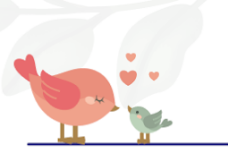
3. **Breast Care & Feeding:** Feed your baby from *both breasts at each feeding*. Allow your baby to *complete feeding at one breast before switching* to the other. This will help them to get the *hindmilk*, which is richer in fat and calories.

Keep your *breasts clean and dry*. Use lanolin cream or your expressed milk to soothe sore nipples. Be gentle when handling your breasts and avoid harsh soaps.

4. **General Feeding Advice:** *Don't smoke or drink alcohol* while breastfeeding. These substances can be passed to your baby through breast milk.

Eat a balanced diet. This will help ensure you have enough energy and nutrients to produce milk for your baby.





How to know if the Baby is getting enough milk?

1. **Weight Gain:** A good indicator of sufficient milk intake is *steady weight gain*. In the early days, It's normal for a baby to lose 5-7% of their weight. But by around 10-14 days old, they should get back to their birth weight. By day 5, a baby should gain about 2/3 to 1 ounce (18 to 28 gms) each day, which is roughly 5-7 ounces (150-170gms) each week. If your baby isn't reaching these targets, it's a good idea to contact a lactation consultant or pediatrician for help.

2. **Wet Diaper:** During the first few days, a baby may have just one or two wet diapers per day, but by the end of the first week, they should have at least 6+ wet diapers and a few dirty diapers each day.

To understand what a wet diaper should feel like, *pour about 3 tablespoons (45 mL) of water into a fresh diaper*.

Keep in mind that if your baby wets more frequently, each diaper may contain a smaller amount of urine. The urine in the diaper should *appear light in color and have a mild smell*.

3. **Dirty Diaper:** By the time your baby reaches day 5, their *stools should have transitioned from meconium (the first dark, sticky stools) to a yellow color*. Additionally, a typical breastfed baby's stool should be soft consistency, often with a seedy or curdy appearance, and it should measure about the size of a US quarter, which is approximately 2.5 cm in diameter. This change in stool characteristics is a healthy sign of your baby's transition to breastfeeding.

4. **Breast Feelings:** Your breasts should feel *softer and lighter* after a feeding. This indicates that your baby has effectively emptied the breast.

5. **Satiety Signs:** After a feeding, your baby should appear content, satisfied, and relaxed. They should exhibit signs of having a full belly, such as releasing the breast on their own, falling asleep, and having relaxed hands and body.

6. **Growth and Development:** Monitoring your baby's overall growth and development is important. If your baby is meeting their developmental milestones, it's a positive sign that they are getting adequate nutrition.

Days	Urine	Poop
1	One wet diaper	Meconium
2	Two wet diaper	Meconium
3	Three to Five wet diapers	Meconium
After 4+ days	6 to 8+ Wet nappies in 24hrs period	3-4+ Yellowish Stool



Hunger Cues

 Print

Breastfeeding

Signs of hunger

Mothers can follow their baby's lead in how often to breastfeed.

Rather than watching the clock, **watch for cues** that your baby is hungry such as the rooting reflex, chewing/sucking on hands or fingers.

Early feeding cues (signs) are the best time to feed!

Early cues: "I'm hungry" (stirring, mouth opening, turning head and seeking/rooting).

Early cues – "I'm hungry"



Stirring



Mouth opening



Turning head
Seeking/rooting

Mid-cues: "I'm really hungry" (stretching, increasing physical movement, hand to mouth).

Mid cues – "I'm really hungry"



Stretching



Increasing
physical movement



Hand to mouth

Late cues: "Calm me, then feed me" (crying, agitated body movements, colour turning red).

Late cues – "Calm me, then feed me"



Crying



Agitated body
movements



Colour turning red

Source: <https://www.kidshealth.org.nz/breastfeeding-hunger-cues-pictures>

Feed baby on early Hunger signs.



Waking A Sleepy Baby for feeding

- A newborn has to be fed 8-12 times a day.
- A sleepy baby will not feed well for a longer duration.
- Undress and change the diaper
- Rub the tummy and back
- Talk to and rock your baby until the eyes open.
- A good strategy is to put the baby naked (except for a diaper) on your chest skin-to-skin for 1/2 hour before feeds.
- Rub and massage the baby in various places Top of the head Bottom of the feet Up and down the spine Across the belly Up and down the arm. The spot right above the belly button
- Express some breastmilk and place it just under your baby's nose. Dribble milk over the nipple while latching on. Look for vigorous sucking on each breast.

Note: If your baby is un-aroused after a reasonable amount of time and the use of several techniques, contact your healthcare provider.

Different Positions

<http://www.biologicalnurturing.com/index.html>

<https://www.youtube.com/watch?v=DiT6wPC6ilc&list=PLZAetHSBnOoHujidgcCzFwoSGd2Y PXYp1>

Common Issues

Engorgement

- Try Reverse Pressure Softening. -
<https://www.youtube.com/watch?v=QJYZrAG6cRA>
- If engorgement is left untreated it may impact the milk supply and lead to infection

Breast massage and hand expression: Check the video in the Oxyto App

Blocked Ducts and sore Nipples: It occurs because of ineffective latch and milk removal. Connect with your Lactation Counselor or pediatrician to rectify the issues.





Situation Management

When things don't go as planned. What a mother and her family should do?

1. Protect the Milk Supply?

Express every 2-3 hours or 8 times a day during the initial days using a hand pump or hospital-grade electric pump.

2. Alternative Feeding Methods

There are alternative feeding methods like cup feeding, syringe feeding, SNS, and bottle feeding. Follow the baby's lead and do paced feeding.

3. Manage Engorgement

Effective removal of milk is mandatory with a warm or cold compress to manage pain. Reverse pressure softening is recommended.

4. Baby has jaundice and is separated from me.

Using an electric pump/ hand pump/ hand expression of milk is a must. The NICU team will feed the baby with your milk.

A baby with this medical condition will be lethargic and the feeding won't be effective. So, it's important to feed the baby with alternative feeding methods for survival management. Once the baby recovers the feeding will be effective.

5. I have a flat nipple/ inverted nipple and the baby is not latching.

Nipple stimulation helps and gently arousing the baby is important. Try different holds and positions as taught in the session.

6. Baby has been given formula and I don't know what to do.

The initial postpartum period is important for mother and baby. The nutrition of the child and the mental health of the mother is important. Temporary management for a baby's nutritional needs is always fine.

Connect with the Oxyto team we will help with your Feeding Goal and support you in every possible way.





Note:

1. *Pump flange fit is important. You can use the measuring paper to check for your nipple size. Measuring guidelines & the printout are available at the Oxyto App.*
2. *It's important to understand the baby's fullness and not to overfeed in alternative feeding methods*
3. *Proper hygiene and sterilization are important*
4. *Avoid tight-fit clothing during the initial days.*

Confidential: Please don't share it with others it's intended only for the participants

Breastfeeding Checklist for you

Product	Premium	Value for Money	Comments
Nursing Pillow	https://mothersyard.com/product-category/feeding-pillows/ https://amzn.to/46SPaI8 https://amzn.to/3Qk8SRF https://amzn.to/45xuPkk	https://amzn.to/3QiqWvh	C' pillow, folded in half, placed around the back gives good back support, easy to arrange for rugby hold and easy to move the individual arms of the pillow to make it more comfortable. That also means no or less pressure on any c-section scar.
Breast Pads	https://www.mothercare.in/mothercare-washable-breast-pads-6-pack-809232 https://amzn.to/48OJRFr	https://amzn.to/46xiNwL https://amzn.to/3Fo8riA	Washable/ Reusable breast pads to help with leakage and keep your clothes dry.
Nursing Cover	https://babymoo.in/collections/nursing-covers https://motherlystore.com/collections/buy-nursing-cover-online https://amzn.to/3ZZMYWI	https://amzn.to/46vPEOx	A nursing cover or shawl for added privacy while nursing in public
Nursing Bra	https://innersense.co.in/collections/nursing-bra https://amzn.to/3QgWYrE https://amzn.to/48Xp2aA	https://amzn.to/3PZq2SV https://amzn.to/3S3swCu	Nursing bra for occasional use is fine. During initial days fitting cloth is not recommended.
Breastfeeding-friendly Clothing	https://amzn.to/45CtoRL https://amzn.to/3SjlwBI	https://pommys.store/index.php?route=product/category&path=61 https://pommys.store/index.php?route=product/category&path=62 https://amzn.to/46zBHPs https://amzn.to/45C3Cgi	