



The Basics of Breastfeeding

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BREASTFEEDING COORDINATOR

Baby Gooroo Amy Spangler

- ▶ How can I tell if my baby has a good latch?
- ▶ How do I hold my baby while breastfeeding?
- ▶ How do I know if my baby is hungry?
- ▶ How do I know if my baby is getting enough to eat?
- ▶ Can I breastfeed in public?
- ▶ Where can I find help?

Signs of a Good Latch

- ▶ Baby Gooroo: How can I tell if my baby has a good latch?
- ▶ Recap:
 - ▶ Breastfeeding shouldn't hurt!
 - ▶ Hold Baby facing the mom (tummy to tummy)
 - ▶ Baby's Mouth is Flanged
 - ▶ Most of the areola in the baby's mouth (not just the nipple)
 - ▶ Wide Open Mouth (Greater than 90 degrees)
 - ▶ Nipple goes up towards the top of the baby's mouth

Positioning Baby

- ▶ How do I hold my baby while breastfeeding?
- ▶ Recap:
 - ▶ Best position is the position that works for mom and baby!
 - ▶ Football Hold
 - ▶ Cross cradle Hold
 - ▶ Cradle hold

Hunger Cues

- ▶ Baby Gooroo: How do I tell if my baby is hungry?
- ▶ Recap:
 - ▶ Babies will tell you if they are hungry!
 - ▶ Early Hunger Cues:
 - ▶ Sucking
 - ▶ Hands to Mouth
 - ▶ Rooting
 - ▶ Crying is a late hunger cue!
 - ▶ Put baby to the breast at first sign of hunger!

Signs that Baby is getting enough milk:

- ▶ Baby Gooroo: How do I know if my baby is getting enough to eat?
- ▶ Recap:
 - ▶ Enough Poopy/Wet Diapers
 - ▶ 1-3 Stools per day (First 3 Days), 4 Stools a day (next 4 weeks)
 - ▶ Day 1 & 2: Black/Thick
 - ▶ Day 3&4: Green
 - ▶ Day 5: Yellow Mustard/Cottage Cheese/Scrambled Eggs
 - ▶ Signs of Satiety: Sleepy, Relaxed Hands

Breastfeeding in Public:

- ▶ Baby Gooroo: Can I breastfeed in public?
- ▶ By law in the District of Columbia you are able to breastfeed in Public
- ▶ Breastfeeding Friendly Clinic Environments:
 - ▶ Encourage Mothers to Breastfeed in Clinic
 - ▶ If they would like privacy, offer them a lactation room or empty office
- ▶ Recap:
- ▶ Set the tone, Breastfeeding is the NORMAL way to feed babies!

Where can moms find help?

- ▶ Baby Gooroo: Where can I find help?
- ▶ Recap:
 - ▶ WIC!
 - ▶ Breastfeeding Peer Counselors
 - ▶ Breastfeeding Support Groups
 - ▶ Lactation Consultants
 - ▶ La Leche League
 - ▶ Pediatrician
 - ▶ Mocha Moms

Knowledge Questions

1. Name one sign of a good latch?

Knowledge Questions

2. Name one breastfeeding position?

Knowledge Questions

3. Name one baby hunger cue?

Knowledge Questions

4. What color should baby's poop be on day 1?
Day 3? Day 7?

Knowledge Questions

5. Name 2 resources you can refer mom to for breastfeeding support?



Thank You!