

### Learning to Breastfeed

**1. Your position**

- Sit straight up or lean back a little, not hunched over but comfortable

**2. Position of baby**

- Support the baby on a pillow or nursing pillow
- Turn the baby's whole body towards you
- The baby's body should be in a straight line
- Support the head and neck with your hand

**3. Hand supporting breast**

- 'C' hold your breast, making sure 4 fingers are **well below** the areola (brown area) and thumb away from nipple
- Your fingers and thumb should not be touching the baby

**4. Correct Latch-On**

- Tilt the baby's head back a little, then tickle the baby's mouth with your nipple.
- Wait until the baby opens his mouth **wide**
- When the mouth is wide open, quickly bring the baby **straight** on to the breast. **Do not overshoot the nipple.**
- You should feel suckling or pressure, **NOT** pain
- If the suck feels like **pinching or biting**, release the suction and try again
- The baby's chin and cheeks should touch the breast and the tip of nose will lightly touch breast

**5. Correct Suck**

- Lower jaw should drop deeply with sucking pattern
- Bursts of suckling and pauses should be seen (you may need to stimulate the baby)

**6. Breastfeed baby early and often**

- If stable, breastfeed the baby within 1 hour after birth
- Wake the baby, day and evening hours, at least 7-8 times and try feeding
- The baby may be sleepy the first 24-48 hours, **wake and practice anyway**
- Allow the baby to sleep at night and breastfeed when the baby awakens
- Keep track of feedings and dirty diapers with a feeding diary or feeding app

**7. Eat 3 meals, with protein, and 3 healthy snacks - or 6 small meals**

**8. Drink 'to thirst' or something each time you feed the baby**

**9. Rest when the baby rests**

- Limit visitors, screen phone calls and social media
- Accept help and ask for help with household chores for 1-2 weeks

**10. Patience - for you and your baby**

- You are both learning how to breastfeed
- **Call for any questions, get help and support**
- Call the Eden Park Pediatrics Lactation Center at 717-740-5423

**Breastfeeding - A Gift of Love and Health that Lasts a Lifetime**