

A Supportive Guide For A Breastfeeding Mama!




Congratulations on your new baby! I wish you all the best in motherhood & with your breastfeeding journey!

Your breast milk will typically come in (transitioning from colostrum to mature milk) day 2 to 5 after birth, and your breasts will feel fuller, heavier, or firmer during this time.



Helpful tips for these first few days:

- Lots of frequent skin to skin with your baby, relaxing in bed or on the couch and holding baby in the shower or bath. This will be beautiful bonding time and help your milk come in.
- Hold a heat pack when feeding on your lower belly to relieve the pain from your uterus contracting when baby feeds.
- Have water and nutritional snacks such as muesli bars handy, as breastfeeding makes you very thirsty and hungry. Keeping hydrated and eating nutritious foods will help your milk come in, and help you feel better.
- Keep up with your vitamins
- Feed on demand! Feeding on demand for as long as baby wants/needs will ensure baby is getting an adequate amount of milk and will help your milk come in quicker and efficiently.
- Avoid bottles and dummies at least for the first 6 weeks, this can lead to baby having bottle preference which can hinder your breastfeeding journey.



"A baby nursing at a mother's breast... is an undeniable affirmation of our rootedness in nature."

The Golden or Sacred Hour

This is the first hour after birth – this sacred hour is for uninterrupted skin to skin contact and bonding with your special babe. In this hour baby should be able to instinctively initiate breastfeeding.

The sacred hour boosts milk production, regulates babies temperature and reduces breastfeeding challenges.

The Breast Crawl

The breast crawl is an instinctive behavior when baby is placed on mamas belly or chest immediately after birth, and baby uses their senses to locate and self attach to the breast. This natural and unassisted process initiates breastfeeding, stimulates the senses and promotes a beautiful bonding experience.



Reasons a baby will feed

- **Hunger**
- **Comfort & security**
- **Growth spurts**
- **Thirsty**
- **Tired**
- **Bonding**
- **Pain relief**

How do I know if my baby is getting enough milk?

- **Wet/Dirty nappies -**
1 wet nappy day 1
2 wet nappies on day 2
3 wet nappies on day 3
And so forth – at 1 week old baby should be having 6-8 wet nappies a day.
When babies poo makes a shift from thick, sticky tar like/dark poo to soft yellow poo, this is normal and means your milk is in and flushed out babies digestion and is a good sign for supply.
- **Weight gain -**
Breastfed babies usually lose 10% of their birth weight in the first few days and usually return to birth weight by 2 weeks old, then gain roughly 150-200g per week in the first months.

How do I know if my baby is latched correctly?

A sufficient latch looks like babies mouth is wide open and covering a large area of the areola, babies lips should be flanged outward (think of a fish) and babies chin should be pressed firmly into mothers breast.

How should it feel?

It should feel like a strong but painless tug, no sharp stabbing pain. If you do feel this pain, I recommend getting your latch assessed by a trained IBCLC.



Key positions to breastfeed in:

- **Biological nursing** – reclining with pillows for support, while baby lays on your chest.
- **Cradle hold** – cradle your baby and baby feeds from the same side your supporting baby with.
- **Football hold** – baby is tucked under your arm, feet towards your back, supported by your forearm. A highly beneficial position for tandem feeding, large breasts and if recovering from c section.
- **Side lying** – you and baby lay facing each other on your sides, great position for night time feeding.



The World Health Organization (WHO) recommendations:


- **Initiation:** Begin breastfeeding within the first hour of birth.
- **Exclusive Breastfeeding:** For the first 6 months, babies should only have breast milk, it's the main source of nutrition, with no other liquids or solids (not even water).
- **Duration:** it's recommended to breastfeed for up to two years of age or beyond.
- **On-Demand Feeding:** Breastfeed as often as baby wants and needs, day and night. You cannot over feed a breastfed baby.
- **Complementary Feeding:** Introduce nutritious solid foods and very small amounts of water at 6 months while continuing to breastfeed.



The benefits of breastfeeding for babies:

- **Immune system boost** – breastmilk contains antibodies, and white blood cells, supporting babies immune system and fighting against illness
- **High nutrition for development** – breastmilk contains fats, sugar, water, vitamins and protein that adapts and changes to your babies age and needs.
- **Lower disease risk** – breastfeeding reduces babies risk of things such as diarrhea, respiratory infection, ear infection and meningitis.
- **Long term health** – breastfeeding lowers the risk of developing asthma, allergies, obesity and diabetes later in life.
- **Oral development** – breastfeeding supports jaw and teeth development, and is not bad for teeth if feeding into toddlerhood.



A photograph of a woman with long blonde hair wearing a white flower crown, smiling and holding a baby. The background is a blurred outdoor setting with brown leaves. The image is partially obscured by a dark blue, torn-edge graphic on the left side.

The benefits of breastfeeding for the mother:

- **Beneficial to postpartum healing** – breastfeeding releases oxytocin which helps the uterus contract and reduce post birth bleeding
- **Lowers risk of disease** – breastfeeding reduced the risk of breast cancer, ovarian cancer, diabetes and cardiovascular disease
- **Helps enhance emotional bonding** with skin to skin
- **It's convenient** as its free, requires no preparation and 'can never be out of stock' people usually refer to it a 'milk on tap'

Caring for yourself while breastfeeding



Nutritional and physical care for your body

- **Keeping hydrated!** Breastfeeding leaves your mouth feeling like the Sahara desert, always keep a topped up water bottle handy – if you aren't a fan of water try adding lemon, lime or another citrus fruit for flavour
- **Nutritious foods** – focus on foods that contain healthy fats, proteins, fruits, and vegetables to support your energy you will need when burning all those calories while breastfeeding
- **Vitamins** – keep up with your vitamins, especially iron combat fatigue and maintain your energy levels. Try purchasing your vitamins from a health food store to avoid synthetic vitamins.
- **Rest** – as a mum of 4 I know it's hard but try sleep or at least rest in bed or on the couch while baby sleeps
- **Nipple care** – if your nipples get sore or tender use a nipple cream such as lanolin, this is safe for baby too, or you could even rub in a few drops of breastmilk into your nipples after feeding, for healing and to moisturise
- **Accept help** – allow others to help with household duties when offered, resting and establishing feeding is so important in the first 6 weeks. Be easy on yourself and don't feel guilty, your worth is not tied to how you feed your baby. Connect with other breastfeeding mums who are in the same boat as you for support.

Breastfeeding resources

LOCAL/SOUTH AUSTRALIA

Australian breastfeeding association – Adelaide

Central Metro Group, SA

<https://www.breastfeeding.asn.au/group/adelaide-central-metro-group-sa>

Womens and childrens hospital breastfeeding support

<https://www.wch.sa.gov.au/patients-visitors/women/having-your-baby-at-the-wch/after-the-birth/breastfeeding-support>

Child and family health service (CaFHS)

<https://www.cafhs.sa.gov.au/topics/feeding>



NATIONAL

Australian breastfeeding Association

<https://www.breastfeeding.asn.au/>

Maternal instincts

<https://www.amberleyharris.com/?v=b870c45f9584>

*National breastfeeding helpline
1800 686 268*

*Australian institute of health and
welfare*

<https://www.aihw.gov.au/reports/mothers-babies/breastfeeding-practices>

*Raising children – baby led attachment
video*

<https://raisingchildren.net.au/newborns/breastfeeding-bottle-feeding/breastfeeding-resources/baby-led-attachment>

Other breastfeeding resources

Breast milk donating

<https://www.lifeblood.com.au/donors/milk>

<https://mumsandbabies.com.au/breastfeeding/donor-breast-milk/>

<https://mothersmilkbank.com.au/?srsltid=AfmBOopfmLXEKUtehgk8QELzwmxxVFbmTtMislZpwUAnhnzDYj9lEP4m>

Breast milk jewellery

https://www.milkandstone.com.au/?srsltid=AfmBOoquXXn5wOdYQBjZuNwtXlWwlmETgY0ZbLw6_Exc_3l4g_v1h_eb

<https://www.dropsoflove.com.au/>

https://beyondlovecreations.com.au/?srsltid=AfmBOoqpOOKmYtDhXA4iFy4LmR_ga0gnAvf8cUlTeOEicZ1Qr7YF5b0w

