



Your Newborn Baby

FEEDING, BATHING, LOVING, AND MORE

Breastfeeding



Benefits of Breastfeeding for Baby:

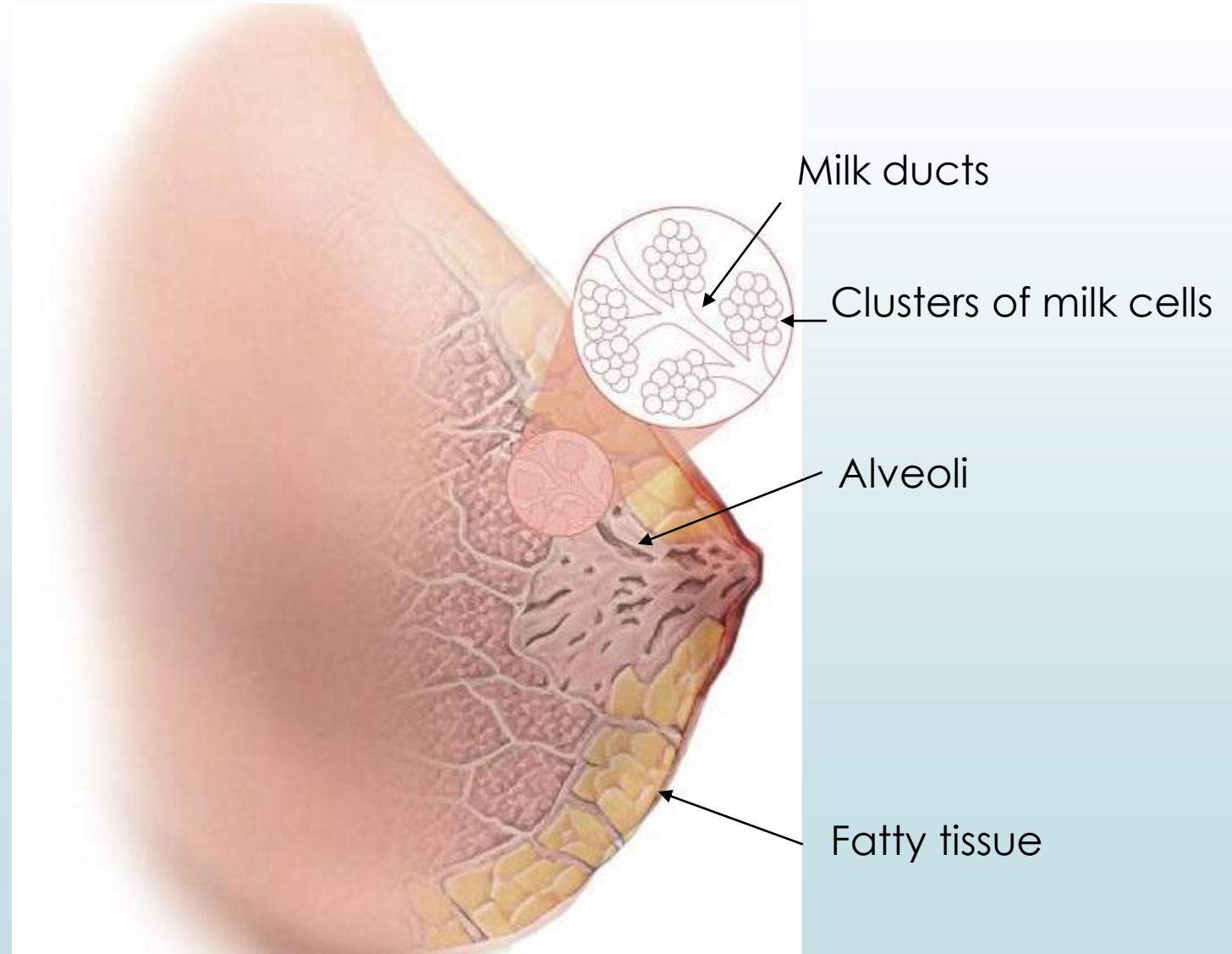
- Perfectly matched nutrition
- Easily digested
- Filled with antibodies passed from mother to protect against infection

Benefits for Mother

- Helpful with process of uterus returning to normal size
- Convenient
- Economical
- Reduced rates of breast and ovarian cancer later in life
- Fewer sick days for the working mother



Breast Anatomy



Colostrum

- Liquid gold
- Coats intestines to protect against infection
- High in protein



Transitional and Mature Milk

You can expect your milk to increase in supply, in response to your baby's demands, by 3-5 days postpartum.



Whale milk is high in fat so baby whales can go a long time between feedings. Human milk is not as high in fat, so human babies nurse often.



Feeding Frequency

Babies need to eat 8-12 times in 24 hours

- Every 1-3 hours
- One 4-5 hour stretch once baby is back to birth weight (about 2 weeks of age)
- Cluster feeding is normal – when in doubt, nurse your baby!

Sleepy Stages



Delivery is hard work for everyone!

- Most babies are sleepy for the first 24 hours
- Lots of visitors and passing baby around can overstimulate baby and cause more sleepiness.
- Babies tend to be sleepy after circumcision.

Wake your baby every 2.5 to 3 hours for feedings.



POSITIONS FOR BREASTFEEDING

CRADLE AND CROSS-CRADLE



Football Hold



Side-lying



Hunger Cues

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



Try to watch for early hunger cues, but remember that crying may be a sign of hunger as well.

Signs of Being Full



- Arms relaxed
- Fists open
- Forehead relaxed
- Falls asleep

CORRECT LATCH

- Lips flanged outward
- Nose flush with breast
- All of nipple and as much areola in mouth as possible
- “Tugging” sensation is expected
- “Pinching” sensation is a sign of shallow latch
- Nipple should be rounded when baby detaches
- Baby should be able to extend tongue past lower gum





Supply and Demand!

- The best way to establish a mature milk supply is to demand it frequently.
- Nurse often!
- If baby is too sleepy, use hand expression to send the message that you need more milk.
- Collect any expressed colostrum and feed it to baby with a syringe or medicine cup.
- Watch your baby, not the clock!
 - Allowing your baby to determine the frequency and duration of feedings will help you to produce exactly what your baby needs.

Suggestions for Support People

- A new baby is a big lifestyle change.
- Breastfeeding can be difficult for some families, especially in the beginning.
- Changing diapers and burping the baby can be very helpful for the nursing mother.
- Hold your baby skin to skin for some bonding time.



My face when I'm up breastfeeding in the middle of the night and watching my significant other sleep peacefully away with his worthless nipples





Bottle Feeding

Formula Preparation

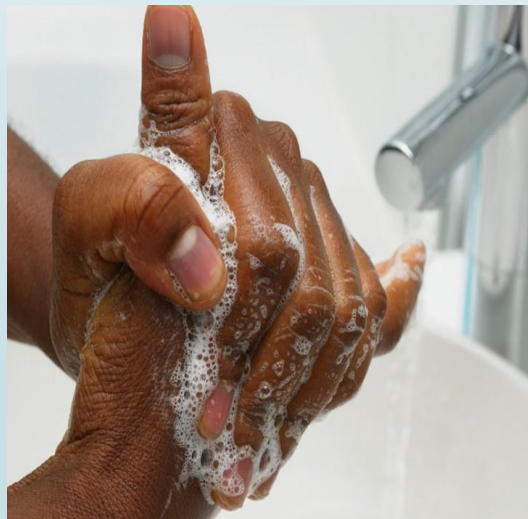
- Check the expiration date
- Wash the top of the formula container with hot, soapy water
- Follow the directions on the can to get the volume you need
- Shake well!!
- Premixed formula can remain in the refrigerator for up to 48 hours
- Once baby drinks from the bottle, the remainder must be discarded after 1 hour
- Never use the microwave
- Always check the temperature before feeding
- Check that the nipple size is appropriate



MIXING GUIDE			
Measure water	+	Add scoop(s) of <i>unpacked</i> level powder using enclosed scoop	= Finished bottle (approx.)
2 fl oz		1 scoop (8.2 g).....	2 fl oz
4 fl oz		2 scoops.....	4 fl oz
6 fl oz		3 scoops.....	6 fl oz
8 fl oz		4 scoops.....	8 fl oz
For larger size mixing instructions, please visit www.Similac.com/mixinginfo			
		=	
1 SimplePac®			29 Bottles
			When mixed as directed, makes approx. 178 fl oz of formula.

Bottle-feeding Breastmilk

- Once breastfeeding is well established, bottles may be introduced. This may be around 3-4 weeks of age.
- Breastmilk should be warmed in a cup of warm water.
- Cold/frozen milk will separate. Swirl the bottle to help it mix together.
- One bottle every 2-3 days will help a breastfed baby avoid refusing the bottle when mom returns to work.



Bottle-Feeding Positions



- Always hold your baby when feeding. Never prop the bottle!
- Hold your baby in an upright position, keeping the bottle level with the floor.
- Burp baby about half way through bottle, and again afterward.

Burping

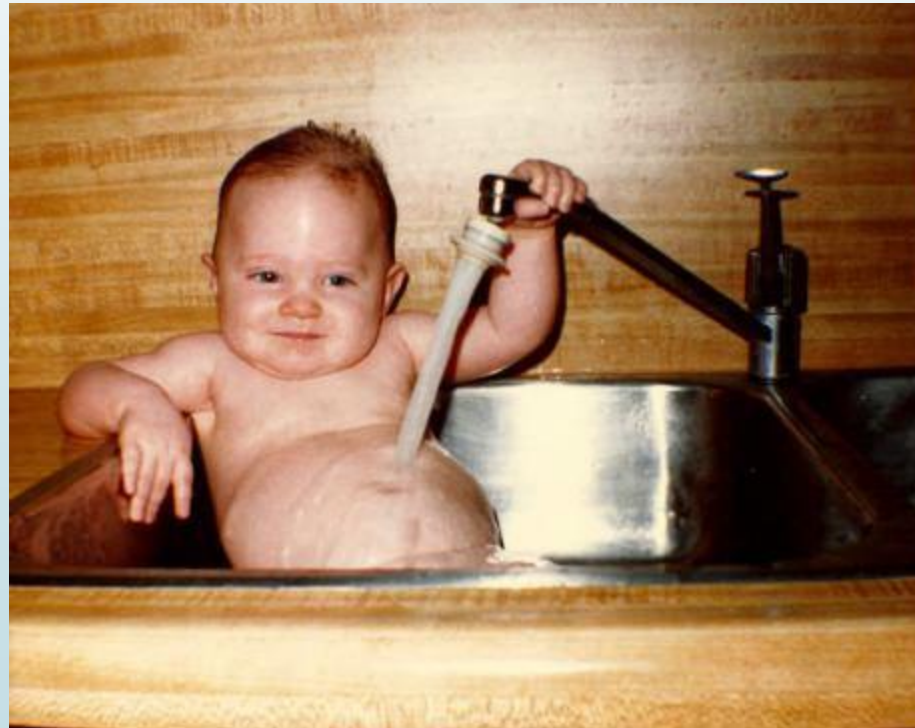




Newborn Care

Bathing Baby

- Sponge baths until 2 weeks of age, or until umbilicus is healed
- Babies only need to be bathed about 3 times a week
- Be sure to dress baby quickly to prevent chilling



Tips for Successful Sponge Bath



- Don't do it alone!
- Have all of your supplies ready before starting.
- Use a warm towel to help baby feel more comfortable.
- Cover all extremities except the one being washed.
- Watch out for poop! 😊
- Swaddle baby before washing hair under the faucet.
- Never turn your back on your baby.



Circumcision

- Plastibell
- Gomco
- Care of Circumcision
- Healing time

What to Expect in the Hospital

- Vitamin K
- Hepatitis B vaccine
- Newborn Hearing Screen
- Neonatal Screening
- Pictures (optional)
- Jaundice screening/possible heel stick
- Some babies require additional lab work
- Vital Signs/Assessments






After Discharge...

- Follow Up Visit in the Breastfeeding Clinic 24 hours after discharge
- Newborn appointment with Pediatrician within 1 week – the hospital will schedule this for you
- Mom to follow up with OB provider in 6 weeks – you will need to schedule this appointment



When to Call the Pediatrician

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- Notice yellowing of the skin or eyes
 - Lack of wets or stools
 - Unable to wake baby for feedings/not staying awake to feed
 - Rectal temperature of greater than 100.4°F
 - Projectile vomiting repeatedly
 - Nasal flaring, retractions, blue/purple mouth/face
 - Parental concern



Calming a Crying Baby

- Feeding/Sucking
- Swaddling
- Diaper Change
- Burp
- Change environment
- Music
- Singing
- Swaying
- What other suggestions do you have?



Remember...

NEVER shake or toss your baby into the air. This can cause blindness, brain damage, or even worse, death.

Always protect your baby's head from jerking movements.

It is okay to lay your baby in a safe place, like a crib or bassinet, and walk away for a few minutes.

Call a friend or relative for help if needed.

Call the parent helpline if needed.

See your handout for more information.



SIDS

- SIDS is the sudden death of an infant under one year of age, which remains unexplained after a thorough investigation.
- One of the best ways to reduce the risk of SIDS is to place healthy infants on their backs for sleeping at nighttime and naptime.
- Studies showed an increase in SIDS in infants placed on their stomachs for sleep.
- There is no evidence to show that sleeping on our backs is harmful to healthy infants.

Safe Sleep Practices

No sleeping in car seat, swings, or bouncy seats.

Use a sleep clothing, such as a one-piece sleeper, instead of a blanket.



Practice tummy time when baby is awake

Place baby on his or her back on a firm mattress in a safety-approved crib covered by a fitted sheet to sleep.

Do not use pillows, blankets, or bumpers in baby's sleep area.

Make sure nothing covers the baby's head.



Review: When to come to the hospital

- Contractions every 5 minutes for 1 hour
- You cannot walk/talk through a contraction
- Water breaks

Breathing Review

- Cleansing breath
- Slow, deep breathing
- Puff-Blow
- Ratio



Find Your Happy Place!

Congratulations!!

