



## Why Choose to Breastfeed?



## Predictable Bumps in the Road



# Roadmap to Breastfeeding Success



## Prenatal

- Prepare for the joys of breastfeeding!
- Attend breastfeeding and childbirth classes
- Identify personal & professional support
- Consider medical issues that may impact breastfeeding
- View HUG video and *Why Choose to Breastfeed?*



## Birth

- Celebrate baby's arrival!
- Embrace your reasons to breastfeed
- Bring baby to breast in first hour & practice skin-to-skin
- Provide only breastmilk 8-10 times a day
- Watch for early signs of hunger
- Delay use of bottles, pacifiers & swaddling until breastfeeding is well established



Preview: Not for Distribution



## Six Months

- Laugh & dance with baby!
- Latch carefully to avoid biting
- Take tired, bored or satisfied baby off breast
- Follow baby's interest in complementary foods (solids)



## One Year

- Celebrate a year of learning & success!
- Expect temporary sleep disruption as baby learns to walk
- Practice nighttime comforting techniques
- Anticipate new joys and challenges in the upcoming year

## Returning to Work

- Cuddle up when first home!
- Connect with working, breastfeeding mothers
- Learn your breastfeeding rights
- Fine tune your pumping plan



## Four Months

- Rejoice as baby learns!
- Anticipate distractibility during breastfeeding
- Notice baby's efforts to roll over
- Discontinue swaddling
- Delay complementary foods (solids) until 6 months
- Expect a new growth spurt
- Review *Bumps in the Road*



## Nine Months

- Enjoy baby's attachment to you!
- Watch for stranger anxiety
- Anticipate temporary sleep disruptions
- Consider nighttime comforting techniques
- Recall *Bumps in the Road*

## Two Weeks

- Delight in your success so far!
- Anticipate temporary increased crying
- Practice calming techniques
- Anticipate a growth spurt



## One Month

- Savor moments of connection!
- Notice Active/Light & Still/Deep sleep
- Expect fewer stools as breast milk proteins change
- Anticipate that breasts may no longer feel "full" and "empty"



## Tips for your Breastfeeding Journey!



**Prenatal:** Pregnancy, birth and breastfeeding co-exist on a remarkable continuum. Prenatal preparation matters! Attend a breastfeeding & childbirth class and review *Why choose to breastfeed?* Identify your goals, concerns and sources of support:

- “What are 3 main reasons I want to breastfeed?”
- “What worries do I have about breastfeeding?”
- “Who are 2 people who will encourage me to breastfeed?”
- “Who will help me if I have trouble breastfeeding?”

Some medical issues can delay milk coming in. Make a plan with a lactation specialist if you have or had: hypertension, diabetes, obesity, thyroid disease, PCOS, breast surgery, or plans for C-Section. Watch **The HUG video** to begin to understand a baby’s body language.



**Birth:** Celebrate! Remember: Breastfeed that first hour! Skin-to-skin care will increase prolactin, the breastfeeding hormone. Bringing baby to breast 8-10 times a day and occasional hand-expressing increases your milk supply. Give only breast milk unless you are treated for a medical problem. (Donor milk can be used if supplementation is needed and you make a plan to return to exclusive breastfeeding.) Skipping nighttime feedings before two weeks will lower your milk production. During the first 24-48 hours your baby drinks about a teaspoon (5 ml) per feeding. Using bottles, pacifiers and swaddling now will decrease baby’s urge to suckle. Hold off on these techniques until baby is about 2 weeks old. Notice early signs of hunger: baby bringing her hand to her mouth, smacking her lips, or beginning to wiggle and squirm. Monitor the number and color



of baby’s stools. The first two weeks of your baby’s life are glorious, exhilarating, AND exhausting. Life with a new baby feels a bit chaotic. It’s NORMAL to feel confused at times. Stay focused on your decision to breastfeed and learn to read baby’s body language. In just a few weeks you and your baby will be



breastfeeding pros!

**Two Weeks:** For reasons not clearly understood, most babies increase their crying about two weeks after their due date. This normal crying peaks at about 6 weeks of age and decreases over the next few weeks. Mothers sometimes need a break from a crying baby, so let family and friends lend you a hand. Occasional swaddling now will not interfere with breastfeeding, if you have this evidence that breastfeeding is well established (baby has regained birth weight by two weeks, continues to gain ½-1 ounce (14-28 g) each day, and has 6 stools and several wet diapers per day.) “Baby-wearing” may decrease crying and increase the closeness you feel to your baby. During a growth spurt, breastfeed frequently for 24-48 hours to increase your milk supply. Watch **The HUG video** again to remind yourself how to calm your baby.

**One Month:** Your baby has now developed clearer Active/Light and Still/Deep sleep cycles. In Active sleep he wiggles, his eyes flash open, his hand jerks, and he vocalizes for a few seconds. (See this behavior on **The HUG video**.) If your baby continues to gain ½-1 ounce a day, and if breastfeeding is going well, give your baby a chance to wiggle and squirm



through Active sleep and then find his way back to Deep sleep. Learn about safe sleeping: a co-sleeper beside your bed is safe; avoid sleeping with baby on sofa or armchair. Remember, your baby might cluster feed to “tank up” for sleeping a bit longer at night. Changing proteins in your breast milk cause FEWER stools in baby. Though you have plenty of breast milk, your breasts may not now feel “full” and “empty,” as they did when you first began breastfeeding.

**Returning to Work:** Returning to work is a time of transition for you and your family. Remember, breast milk continues to be critically important to you and your baby! About three weeks before returning to work introduce a bottle several times a week. Learn “paced bottle feeding” and teach it to all who feed the baby. Find childcare that is breastfeeding-friendly. Breastfeeding working mothers miss less work and have lower health care costs. So, review your breastfeeding rights and share the [Business Case for Breastfeeding](#) with your employer. Talk to other working, breastfeeding mothers and make a pumping plan. Electric double pumps work best for most working moms. To help with transition, consider returning to work midweek. Settle down for a relaxing cuddle time when you first get home. The transition to work is challenging for all new moms. Don’t worry. Life will settle down in a few weeks.



**Four Months:** BIG changes often come at four months! Watch the **Bumps in the Road** video again. Being distracted while breastfeeding is proof of a surge in baby’s mental ability. She’s NOT trying to wean! Some mothers need to take their baby, temporarily, to a less stimulating environment in order to breastfeed. In a few days she will settle back to her usual feeding pattern. Also, many babies get extra excited (and wake up more at night) as they learn to roll over. See if you can comfort baby without adding more nighttime feedings. Some four-month-olds have a small growth spurt and will breastfeed more frequently. Starting solids before 6 months of age will increase your baby’s risk of allergies and other health problems. Hold off until then!

**Six Months:** It’s time to begin solids when baby can sit, has stopped sticking her tongue out when food is offered, and loves to imitate you! Since breast milk still provides most of your baby’s nutrition, starting solids is now about exploring textures and having fun. Let baby lead the way. Mothers sometimes dread that first tooth for fear of getting a bite! However, if you keep the baby properly latched (with nipple deep in the mouth) baby cannot bite you. Take baby off the breast when he is tired, bored, or seems satisfied. These are the times when he’s more prone to bite.

**Nine and Twelve Months:** Watch the **Bumps in the Road** video again. A surge in baby’s development causes normal “Stranger/Separation Anxiety” at nine months. She suddenly cries when left at daycare, or when a neighbor comes over, and now she may wake up more at night. Pulling up to stand and learning to walk excites many babies – even in the middle of the night! If she hasn’t recently needed to breastfeed at night, she doesn’t need more calories now. You can comfort her back to sleep with pats on the back or a soft song. Within a few days, she is likely to return to her usual nighttime sleep habits.



More [www.hugyourbaby.org](http://www.hugyourbaby.org) for more resources.



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