



Very basics of Early Newborn Breastfeeding - by Lori J. Isenstadt IBCLC

1. Babies usually eat 3-4 times the first day. Sometimes taking one side and sometimes both sides. Pain is not normal, ever! Baby wants to eat more frequently, go for it!
2. They should have good quality nutritive sucking the majority of the time they are at breast and should not be spending much of their time sleeping at breast before they have had a good feed.
3. Babies usually pee and poop the first 24 hours whatever was inside them. Keep good records for the next 7 days to help evaluate their feedings.
4. From day 2 on, babies should be hungry enough to wake up on their own for about 7-9 feeds a day.
5. These feedings should be comfortable for mom and productive for baby...no sleeping at breast. Pain is not normal, ever!
6. Most of the time your baby should be satisfied for 1 1/2 - 3 hours after feedings.

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7. Engorgement, firm lumps and clogged ducts are not normal and if it has been more than 24 hours see your lactation consultant. Pain is not normal, ever!
8. By day 4, you should have a noticeable increase in the volume of milk, breastfeeding should be comfortable, your breasts should be much fuller before a feeding and quite a bit softer when done. Your baby should have transitioned to yellowish mustardy color stools, that look chunky or like sesame seeds. Four heavy wet diapers a day is normal from this point on.
9. If your baby is sleeping at the breast most of the time, OR spending lots of time at breast and usually still hungry after feeds, does not have the normal output stated here. and is either extremely fussy or extremely sleepy, you should have breastfeeding evaluated.
10. If you are pumping because of poor feedings, low milk supply, painful feedings, baby lost too much weight, this is a sign that breastfeeding is not going well and you will want to schedule an appointment with an IBCLC.
11. If you are pumping, a hospital grade pump is highly recommended. When to pump? Every time your baby takes milk from a bottle.

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