Breastfeeding
Getting Started

Lori J Isenstadt, IBCLC
B I O

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It does not matter what you think about breastfeeding, before you have your baby. Whatever it is you are thinking, the early days of breastfeeding are likely to be a far different experience than what your thoughts are.

This is not to say that breastfeeding will be hard or easy. Or that you will feel totally comfortable right away or awkward beyond belief.

If you are getting my subtle message.... breastfeeding your baby is going to amazing. It is going to be wonderful and it will be life changing. There are so many wonderful images of moms breastfeeding and this will be you too.

I like to add to the mix a healthy dose of reality. You will be tired, probably exhausted and quite emotional. You will be learning a new skill, with your new partner, your baby. It takes time and patience and lots of practice. Enjoy the journey. Please reach out for help if needed.
FORWARD

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"Mothers and their children are in a category all their own. There's no bond so strong in the entire world. No love so instantaneous and forgiving."

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Grab your FREE copy of "Everything you need to know about colostrum."

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Choosing a breastfeeding friendly physician

This may be a pediatrician, family physician or naturopathic physician. Medical professionals have a responsibility to promote, protect, and support breastfeeding in their practice of medicine. You will want to have a conversation with your chosen health care provider (HCP). You want to be sure their office is breastfeeding friendly and breastfeeding knowledgeable. Here are some topics that you may choose to discuss:

1. Your HCP should encourage breastfeeding mothers to feed newborns only human milk and to avoid offering supplemental formula, glucose water, or other liquids unless medically indicated.

2. Your HCP should advise the mother not to offer a bottle or a pacifier until breastfeeding is well established or there is a medical necessity.

3. The American Academy of Pediatrics (AAP) reaffirms its recommendation of exclusive breastfeeding for about 6 months, followed by continued breastfeeding as complementary foods are introduced, with continuation of breastfeeding for 1 year or longer as mutually desired by mother and infant.
4. Their office should not have formula ads or coupons or free formula to hand out to patients.

5. Your HCP should encourage you to take a breastfeeding class during your last trimester.

6. Is there an IBCLC on staff that you can make a separate appointment with if you need help with breastfeeding?

7. If there is no IBCLC on staff, who will they be referring you to?

8. Does your pediatrician have a resource sheet for parents with breastfeeding friendly referrals listed, such as an IBCLC, local breastfeeding store, and local breastfeeding support groups?

All About Breastfeeding Community Group
Join our Facebook Community

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Checklist #1

Signs that breastfeeding is going well:

☐ Your baby only loses up to 5-7 oz in the first 4 days.

☐ Your baby begins to gain weight by the 5th day.

☐ Your baby is back up to birthweight at the 2 week visit.

☐ Your baby wakes up at least 8 times a day for feeding.

☐ Your baby comes to the breast and feedings are comfortable for you.

☐ Your baby is clearly hungry before feeds and clearly satiated (full belly) when done.

☐ By Day 4, your baby has the appropriate amount of daily output. (4 wet, 3 yellowish stools)

☐ You are experiencing comfortable breastfeeding with no nipple pain or breast pain.

☐ After 2 weeks of age, your baby continues to gain 1 oz per day, at least up until 6 months.
Checklist #2

**Signs that breastfeeding is not going well**

☐ Your baby loses more than 10% of birthweight in the first 4 days

☐ Your baby continues to lose weight after the 4th day

☐ Your baby is not back to birthweight at 2 weeks old

☐ Your baby is not waking up for at least 8 feedings a day. (If your baby is gaining well and you can see that all the other signs that breastfeeding is going well, this is probably not a problem.)

☐ Breastfeedings take an hour or longer and baby still does not seem full.

☐ Excessive fussiness/ sleepiness usually means something is not quite right.

☐ Your 4 day old baby has less than 4 soaking wet diapers (clear or lightly yellow in color) and less than 3 quarter size yellow mustard color stools every 24 hours.

☐ If you are supplementing because baby is not getting enough at breast.

☐ If you are pumping because breastfeeding is hurting
If your baby is not breastfeeding, or breastfeeding well, or you are advised to supplement:

1. Your mantra: Feed the baby and protect the milk supply - (remove the milk on a regular basis).

2. Anytime your baby gets milk from a bottle, or misses a feeding from the breast, use a hospital grade pump and pump for 15 minutes, both sides at the same time. Hand expression works well for milk removal.

3. Offer baby approximately the same amount as they would get at the breast. For example: Day one: 5-7 ml per feed. Day two: 7-12 ml per feed. Day three: 12-20 ml per feed.

4. These are just guidelines. If your baby takes a bit less or a bit more, this is fine. You just want to be careful to provide an upright and paced feeding to avoid overfeeding.

5. An average full term baby gradually increases intake to about 30-45 ml by 5-7 days old.

6. Sometimes hand expression works better than a pump in the first few days. If you are not able to increase volume with the pump, try hand expression. Have staff IBCLC teach this to you.
If your baby is not breastfeeding (continued):

7. When offering milk from a bottle, hold baby sitting upright and pace the feeding, by offering small amounts at a time.

8. Stay positive. As long as you have a well fed baby and are removing the milk on a regular basis and increasing your supply, you can always work on breastfeeding.

9. If, at the time of discharge, you continue to struggle with breastfeeding, please schedule a consult so you can begin working on this as soon as possible.

How do you know when to call for help?

1. Anytime you can check 1 or more items on Checklist #2, OR
2. Your baby is not breastfeeding well and you are having to supplement.

Where to get help?

1. Ask your OB or midwife or Naturopath or pediatrician for a referral to local IBCLCs.
2. Ask your hospital or birthing center for referrals to local IBCLCs
3. Skype Consult with Lori J Isenstadt, IBCLC

*** NOTE: This information is to help you get through the first 3-5 days as parts of this information in this checklist might not be appropriate beyond that time period.
The benefits of hiring a postpartum doula

1. A postpartum doula is a professional support person who is trained to help with not only the new baby, but mom and family as well, in the first few days and months after birth. A baby nurse just takes care of the baby.

2. Your doula will sit down with you ahead of time. You will discuss your needs and she will offer you a customized plan.

3. Your doula will do whatever she can to help nurture you, so you can nurture your baby.

4. Having a postpartum doula scheduled to come to your home several times a week, means that you have that time to look forward to if you are needing to nap or shower or are feeling overwhelmed and need someone to talk to.

5. Your doula will help with laundry, dishes, light housework, light meals, and errands.

6. Your doula will take care of other children, perhaps take them out for a walk, and prepare light meals for them.

7. Your doula understands that the early days of breastfeeding can be tiring and challenging. She will offer moral support.
8. Family & friends will offer, however, you may not want them helping you to cook, clean, do laundry and run errands for you.

9. Sometimes friends and family are not reliable. You will be paying your doula. This is her business. She works on referrals. It is unlikely she will not show up.

10. If you feel like you want a doula, but can't afford one, tuck a cute handmade card into your baby shower invite. A brief explanation of what a doula is and a loving request for cash towards your doula rather than baby clothes, blankets or toys.

11. Trust me on this one: You will look at a closet full of baby clothes and blankets that are more than you will ever use & wish you could trade them in for a doula.

12. Where to find a doula: these websites: cappa.net dona.org

13. Search on Facebook or Google for: postpartum doula in (name of your city ____________).

You can also ask your childbirth educator, breastfeeding educator, physican or midwife for local doula numbers.
One last thing

It has been a pleasure putting down all this information for you in one booklet. I hope that you have taken away a lot of good information and are ready to take action in the areas that you need to.

You can also stay in touch with me several different ways

website
Facebook
Twitter
Pinterest
Linkedin

Read my weekly Blog

Sign up to receive my weekly emails where you can hear the latest news, podcasts

I wish you a beautiful breastfeeding experience and happiness and joy as you begin your journey into motherhood.

Lori