



**New Mothers should always offer both breasts per feeding:
by Lori J. Isenstadt IBCLC**

1. The first 6 weeks – mom & baby are building a good supply.
2. Offering both breasts means optimal breast stimulation.
3. Frequent & efficient breast stimulation increases supply.
4. If baby falls asleep after first side, try & wake baby up
5. If 15 minutes pass & still no interest, do not push.
6. Do not keep baby on one side only per feeding session.
7. One side feeds increase risk factor for low supply.
8. One side feeds increase risk factor for poor weight gain
9. One side feeds do not equal higher milk fat content.
10. If your baby is fussy, think food first, before pacifier use.

***These are basic guidelines for the first 6 weeks of breastfeeding

If anything with breastfeeding is hurting or your baby is not

gaining well, I urge you to seek professional breastfeeding help.

Seek professional help

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