

## Breastfeeding Tip Sheet

### Supply And Demand

- Breastfeeding is all about supply and demand – the more baby nurses, the more milk you will make
- Feed baby frequently in the early weeks to build an adequate milk supply

### Types of Milk

- Colostrum: Day 0-3 (average) – very thick, can be yellow; high in protein and immunoglobulins. Infant stomach size is very small – about 1 tsp per feeding
- Transitional: Day 3-10 – more thin and opaque, increasing volume
- Mature milk: Day 10 and beyond – infant gulping, full milk supply



### Remember the 3 C's:

- **Calm**
  - Hold baby skin to skin to help keep him calm
- **Comfortable**
  - Pillows, elevate feet, bring baby up to your breast – do not lean down to baby
- **Close**
  - Keep baby close, free of blankets/swaddle while nursing, in the beginning. Remember the proper positioning and always get a deep latch

### Correct Latch on

- Support your breast and bring baby close to the breast, her belly to your belly
- Point nipple up towards infant's nose

# SLEEP WISE

C O N S U L T I N G

- Bring baby on to the breast when she opens wide, with chin touching the breast and nose free
- Lips flared out
- Listen for swallows

Watch your baby, not the clock, in the early days/weeks

- Nurse baby based on feeding cues, at least 8x per 24 hours



- Nurse baby until he self-detaches, stops having large sucks/swallows, falls asleep
- Offer second breast always in the first two weeks
- Record diaper counts to ensure baby is getting enough

Pumping and back to work

- Aim to begin pumping around the 2-week mark
- Practice bottle feed around week 3 or 4 – remember Paced bottle-feeding technique

- Use a hands-free pumping bra and massage while you pump

For assistance at any point in your breastfeeding journey, please reach out!

Phone call consults or Zoom video consults



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