



# BREASTFEEDING 1ST 3 DAYS OF LIFE

PRACTICE AND PATIENCE - YOU'RE NEW TO THIS!

## DAY 1

**First 24 hours of baby's life - It's new for everyone!**

Stay skin to skin! Offer the breast to baby on all hunger cues (ie if you think baby \*may\* be cueing don't delay! OFFER). Baby sleepy? Hand massage/express drops. Give the drops to baby via clean finger or compress directly from breast into baby's mouth or put it in a spoon and spoon feed! Goal: A few good feeds and at least 1 pee and 1 poop.

Colostrum (the first milk) is low volume, **high nutrient** and biologically normal. It also acts as a laxative to pass meconium (black tarry poop).

## DAY 2

**Baby wakes up and may cry more (this is normal).**

Day 2 on the job. Stay skin to skin, track all pee and poop. Your baby may need roused to feed and/or may want to feed all.the.time. Watch for cues.

No cues? Offer the breast every 2-3 hrs, hand express drops or spoon feed your milk. Goal: 2 pee, 2 poop. 6 - 8+ pulling/tugging feeds at breast, if not, hand express and give more milk via spoon. Need help? Ask your IBCLC!

## DAY 3

**Skin to skin, feed on all cues (8+ feeds). Goal: 3 pee, 3 poop.**

What do you hear when baby is at breast? What does the pee and poop look like? Pay attention to your breasts, how do they feel before and after feeding? Average milk volume increase ie "milk coming in" (but you've been producing colostrum since early pregnancy) is day 3-5. FEED FREQUENTLY AND AT EVERY OPPORTUNITY! Continue to work on latch, offer more via hand expression. If your having issues - CALL YOUR IBCLC!

## HELPFUL TIPS

- SKIN TO SKIN, OFFER ON ALL CUES, ROUSE & OFFER EVERY 2-3 HOURS
- DAY 4. GOAL: 4-6 + PEE AND 4 POOP (NO MORE BLACK POOP DAY 5)
- PAY ATTENTION TO YOUR BREASTS. [www.melaniemyersibclc.com](http://www.melaniemyersibclc.com)
- AS MILK VOLUME INCREASES YOU WILL NEED TO FEED MORE FREQUENTLY! THIS MILK VOLUME INCREASE ASSISTS WITH HELPING YOUR BABY RETURN TO BIRTH WEIGHT BY 2 WKS OF OF AGE.
- PAIN, DIFFICULTY LATCHING, SUPPLEMENTING = CALL YOUR IBCLC

**IN-HOME, OFFICE & VIRTUAL CONSULTS**

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