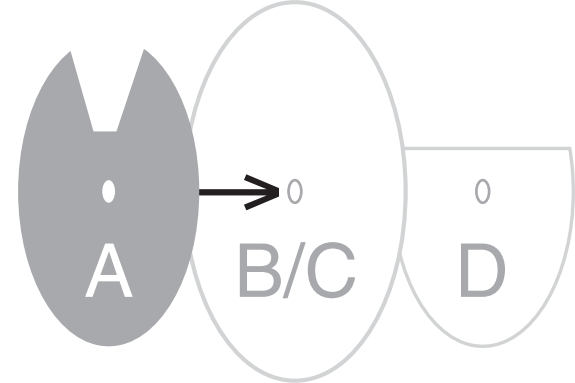


A side: Cut along solid line.
The back of A side lines up with front of B side.



BABY'S AGE AVG. FEEDING SIZE

Day 1	5-7 mls
Day 3	1oz. (30ml)
1 week	1.5oz. (45ml)
2 weeks	2-2.5oz. (60-75ml)
1 month	3-4oz. (90ml)



Day 1

Day 3

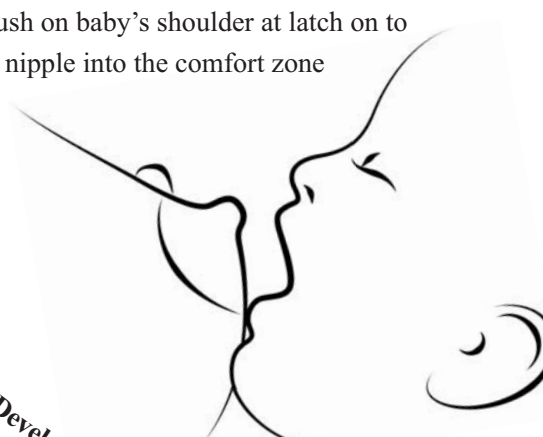
2 weeks

MAKE LATCH EASIER:

Open: Wide open mouth

Angle: Nose to nipple, head slightly tilted back, chin first, shoulders and hips closely pulled in to your body

Oomph: gentle push on baby's shoulder at latch on to help move nipple into the comfort zone



Designed by S. Bay

WEIGHT GAIN PATTERN:

First few days lose less than 7 percent of BW
No more wt loss after day 3

Gaining about 1 ounce/day or 28gm/day
Regain BW by 10 days to 2 weeks

4-6 months gaining 4-5 ounces/week or 113-142 gm/week
6-12 months gaining 2-4 ounces/week or 57-113 gm/week

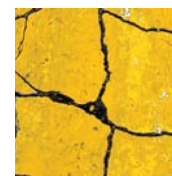
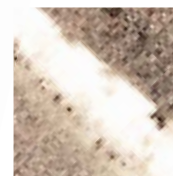
SORE NIPPLES? CORRECT THE LATCH.

Signs of Poor Latch:

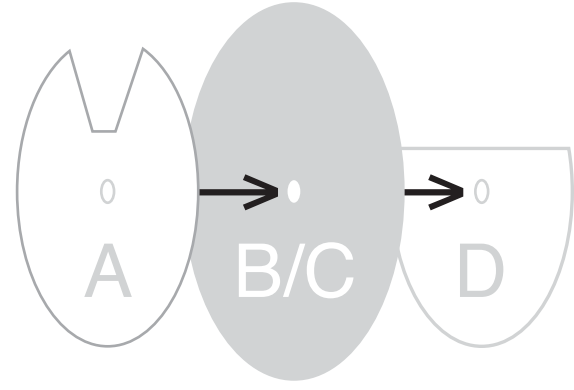
Wedge-shaped nipples: Shallow latch, tongue is pressing nipple against the hard palate - odd shape, like new tube of lipstick

Compression Stripe: Shallow latch, feeding after feeding, that leads to cracked and bleeding nipples

Cracked Nipple: If latch not improved, risk of infection



B side: Cut along solid line.
 B side is to be printed
 double sided with C side.



Sore Nipples

- Breastfeeding should not be painful • Any tenderness should diminish over the first 2 weeks
- Remember correct positioning & latching baby on breast is crucial to prevent sore nipples
- Break suction before taking baby off the breast •Offer the least sore breast first •To speed healing use ultra-purified Lanolin cream •Clean with warm water only
- If skin broken clean with soap OD
- Avoid plastic liners against nipples •Avoid introduction to artificial nipples/pacifiers as may lead to ineffective sucking •Consult LC or physician for skin problems, itchy or burning sensations or infections

Arouse a Sleepy Baby

- You need to wake a sleepy baby to feed more often or for longer time if: First few days lost more than 10 percent, Not regained BW by 10-14 days, Falling asleep at the breast, Or baby jaundiced •Arouse by: Undressing or changing diaper, Skin-to-skin, Use damp baby & make eye contact, Use damp cool cloth, Rub baby's back, hands and/or feet, Express milk onto baby's lips • Keep baby interested by: Improve latch, Burping baby, Change nursing positions, Breast compression, Switch nursing • Get Help!
- Many mothers manage breastfeeding & back to work successfully • Consider work options •Find supportive breastfeeding-friendly caregiver
- Build & store 3-4 week supply of expressed milk •Practice expressing & storing milk
- Make arrangements at work for expressing & storing your milk • Allow 20 minutes /session: 10-15 minutes using double pump & 5 minutes clean-up • Reverse cycle nursing • encourage breast-feeding more often when together at home & baby spends more time sleeping while separated & naps less expressed milk

Back to Work

Enough Milk?

- Healthy baby breastfeed long & often in early days •Baby's stomach small; normal to bunch feedings together •Feed average 8-12X/24 hrs
- 6-12 weeks breast feel less full, soft or even empty since no longer making too much & milk supply regulated to baby's needs
- Baby getting enough by wt. gain
- count wet & dirty diapers •Growth spurts- temporary, baby nurses often at times to build milk supply often occurs at 2-3 weeks of age •If baby is losing or not gaining weight or you feel you need to increase milk supply- Consult LC or physician & Get Help!

Over Supply

- Baby difficultly coping with milk flow-gulps, gassy & spitters-gaining more than 2 lbs/month, breast at a feeding-gets more hindmilk & gradually decrease milk supply •Offer only one the unused breast? Don't express
- Relieve tension-decrease risk of mastitis •Feeding against gravity, feeding lying down, feeding when baby is not fully awake, or express then feed when flow slows down may help baby cope

Plugged Ducts/Mastitis

- Often occurs approximately on day 3-5
- Common during infrequent feedings or supplementing • Can lead to a decrease in milk supply
- Breastfed 8-12times/day • Empty one breast first before offering the other
- Express milk to soften areola for effective latch • Use warm compress right before feed
- Increase flow • Apply cold compresses between feeds (frozen peas, cabbage leaves) • Ibuprofen may be helpful
- If incorrect latch, suck-pause-swallow
- Correct latch increases milk production
- Able to see infant's eyes
- Asymmetrical latch
- Jaw takes in more of breast-chin first • Flanged lips & lower mouth & help baby to breast-feeding position • Wait for wide open
- Align nose to nipple • Head in "instructive" position • Wait for wide open
- Find comfortable baby smuggling under breast
- Crying last sign of hunger
- Best approach in quiet & alert state •Crying last sign of hunger
- Observe feeding cues: rooting, fists to mouth, tongue movements, lip smacking

Engorgement

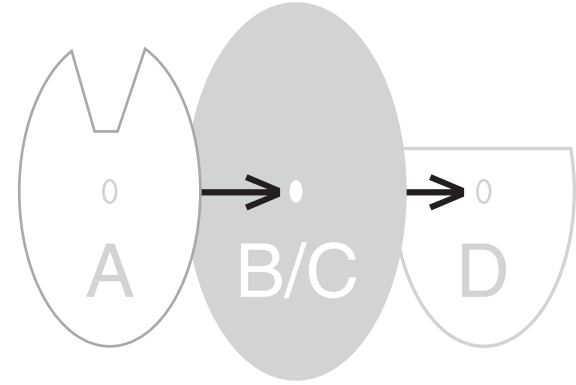
Latching On

Early Start

- Skin to skin first hour after birth & on demand promotes breastfeeding & bonding
- Early practice for baby until health & releases more plentiful • Activates milk between 8 to 12 X daily (or q3-4h)
- Colostrum: Available fill milk more plentiful usually in first 3 days
- "Golden drops" • Baby to feed
- immunization: As loaded with stomach (30-100ml)
- Right for baby's small stomach • Has laxative effect helps expel meconium & decreases jaundice
- Get help!
- If incorrect latch, suck-pause-swallow
- Correct latch increases milk production
- Able to see infant's eyes
- Asymmetrical latch
- Jaw takes in more of breast-chin first • Flanged lips & lower mouth & help baby to breast-feeding position • Wait for wide open
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- Observe feeding cues: rooting, fists to mouth, tongue movements, lip smacking

C side: Cut along circle.

**C side is to be printed
double sided with B side.**



Breastfeeding Benefits for Mom

Offers protection against:

- Osteoporosis
- Breast cancer
- Ovarian cancer
- Endometrial cancer
- Polycystic Ovary Syndrome
- Osteoporosis
- Anemia

- Helps stabilize maternal endometriosis
- Reduce insulin requirements for diabetic mothers
- Helps with Uterine Contractions, tones uterus:
 - Prevents hemorrhaging
- Helps with emotional health:
 - Decreasing incidence of postpartum depression

- Easier weight loss
- Helps child spacing: Supports family planning
- Mother is forced to get rest while breastfeeding
- Relaxing through oxytocin release: Calming effect
- Less stressful once established & gets accustomed to
- Economical advantages- savings in health care costs
 - No need for formula & bottle costs
- Pride: Knowing providing best for baby
 - Empowerment
- Helps with bonding between mother & baby

Breastfeeding Benefits for Baby

Breastmilk offers babies protection by:

- Stimulates Epithelial maturation to develop own defense
- Kills pathogenic organisms or modifies their growth
- Lines the intestinal mucosa with a barrier

Decreases incidence/severity:

- Gastrointestinal illness,
- Respiratory illness
- Urinary tract infections
- Ear infection
- Allergies especially Eczema
- Asthma
- Diabetes
- Crohn's disease
- Colitis
- Bacterial Infection: Bacteremia, Meningitis
- Obesity
- Childhood cancer
- Hospital visits

Less stress & calming for baby

Benefits both preterm & term infants

Infections or duration & intensity of illness reduced

Optimum jaw, teeth and speech development

Increase visual acuity

Supports cognitive development; higher IQ

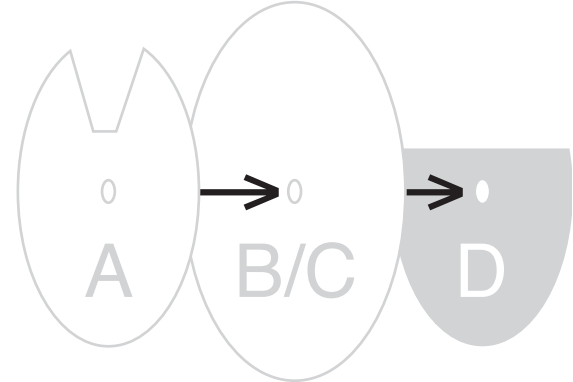
Colostrum- "First immunization"

Potentiates vaccinations

Artist: Andrea Solario (1460-1524).
"Maria Lactans".

"Health Canada promotes breastfeeding as the best method of feeding infants as it provides optimal nutritional, immunological and emotional benefits for the growth and development of infants."

D side: Cut along the solid line.
 The back of D side lines up
 with front of C side.
 Line up all center circles and
 put together with fastener.



⊗

COMMUNITY RESOURCES:

Health Units *see Blue pages for Health Authorities for Health units not listed
 Tri-cities 604-949-7200 • Port-Coquitlam 604-777-8700 • Vancouver 604-736-2033

Doula Services for Birth and Postpartum 604-515-5588

BC Nurse line (Registered Nurse available 24 hours/day; Pharmacist 5-9pm everyday)
 604-215-4700 or 1-866-215-4700; Deaf/hearing impaired 1-866-889-4700

Safe Start Program at BC Children's hospital 604-875-3273
www.bcchildrens.ca/KidsTeensFam/ChildSafety/SafeStart/default.htm

BREASTFEEDING RESOURCES:

La Leche League- breastfeeding support/meetings in your area www.lllc.ca
 Dial-a-Dietician 604-732-9191 (M-F 9am- 4pm)
www.drjacknewman.com
www.kellymom.com
www.breastfeedingmadesimple.com
www.askdr.sears.com

"Breastfeeding Wheel" Developed by Mina Bay and Ivette Musso: Douglas College Breastfeeding Course for Health Care Providers, Spring 2008

All information in this wheel has been adapted from the following references:

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