



survival guide for the first 2 weeks

Follow baby's hunger cues, and feed baby on demand

Newborns may need to feed 8-10x/day, more during growth spurts

Feeds may take 45min+ in the beginning, but will get MUCH faster



Human babies are adorable, but also lazy & inefficient at first

Use compressions/massage to keep baby awake and actively feeding

Finish the first breast first, feed until baby is zonked (limp arm test!)

Human babies have an immature digestive system and rely on suckling

to activate their digestive muscles and pass gas and stools

If your baby seems fussy or gassy between feeds, try feeding again!

(And don't bother changing the diaper before a feed!)



Your baby has her own self-soothing system - cholestykinin (CCK)

Babies make CCK when they suckle after/between feeds

This downregulates cortisol and allows your baby to fall asleep

No training needed! Babies sleep better over time when ready

Lay back when latching and let gravity HELP you!

Babies latch best tummy to tummy, eye level with the nipple

NO gaps between baby's chest and yours, chin first

If the breast is too full/firm, soften/express a bit first for easier latching



Keep that milk moving!

Massage gently with every feed/pump to increase the fat content of the feed and prevent plugged ducts and mastitis
Apply COLD compresses (NOT HOT) after feeds/pumps as needed



What goes in must come out!

Baby should have 3+ stools/day by 3 days old

Baby's weight should begin trending upward by 4 days old

Breastfeeding should not hurt; if latching is painful, check that baby is truly tummy to tummy (smooched against your chest)
Apply coconut oil between feeds as needed

If cracking, burning, flaking, itching, etc is present CALL YOUR IBCLC!



Rest, hydrate, and try to eat well between feeds/pumps

You are basically a triathlete - pregnancy, birth, and postpartum

Iron, b vitamins and a 4 hour stretch of sleep <3 ASAP

For more handouts, links, videos, and to

book your lactation consult

head to sunshinelactation.com/help



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