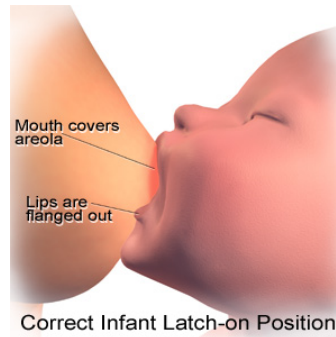


BREASTFEEDING TIPS AND TRICKS

1. **Don't rush to pump!** Pumping should wait until 4-6 weeks (or 2 weeks before returning to work, whichever is first). Pumping too early and too often can cause weight gain issues, clogged ducts, mastitis, reflux like symptoms, and tummy trouble for baby. If you are feeling engorged, **hand expression is the best way to handle that!**
2. **Pain is never normal.** If you are feeling any pain, that's an indicator that the latch is off. You want a nice, deep latch that has baby's mouth with both your nipple and areola in it.



3. If pain persists even with what "looks" like a proper latch, **baby might need to be assessed for ties** (tongue, lip, buccal). Visit with a professional who is trained in ties. Pediatricians and even some LCs are notorious for misdiagnosing ties in babies. **Pediatric dentists are your best bet.** Reach out for a referral.
4. The best way to determine if your baby is getting "enough" breast milk is by weight gain and diaper count.

Babies weight gain should be as follows (this is average, some babies are + / -)

0-4 months	5.5 – 8.5 ounces per week
4-6 months	3.25 – 4.5 ounces per week
6-12 months	1.75 – 2.75 ounces per week

Diaper count should be as follows:

Day 1- 1 wet & 1 poop

Day 3- 3 wet & 1 poop

Day 5- 5 wet & 2 poop

Day 2- 2 wet & 1 poop

Day 4- 4 wet & 2 poop

Day 6- 6 wet & 2+ poop

After day 6, **baby should have at least 6 wet diapers a day** (1 diaper = 4 tbsp = barely enough to turn the line blue).

Baby should be pooping every day until about 4 weeks. At that point, it is common for breastfed babies to go up to 10 days without pooping (but contact your ped if you have concerns).

5. It is extremely unlikely your baby will follow a schedule right away. Some babies eat every 3 hours and some eat every 30 minutes (cluster feeding). It can be completely normal and is actually GREAT for your supply. **Latch baby on demand, don't watch the clock.**

With that being said, it is best to latch newborns at least every 3-4 hours until baby is back to birth weight even if they try to start sleeping through the night. Even then, I am most comfortable for the first month (at least) still waking baby every 4 hours during the night. (sleep will come, I promise!)

6. Growth spurts and developmental leaps (download the Wonder Weeks app) can also cause babies to want to nurse more frequently. **Watch the baby, not the clock (again).**

The biggest growth spurts generally happen **around 3 weeks, 4 months (this one is known as the 4 month sleep regression), 9 months...** but there are many others.

7. **Hunger is just one of the MANY reasons babies want to latch.** You are all they know! They want to be close to you and feel your warmth and hear your heartbeat. Babies might want to nurse for comfort, thirst, sleep, fear... etc.

8. It is common for moms to believe their supply is low because baby is wanting to latch frequently, is fussy at the breast, is still fussy after nursing, is not sleeping long periods of time, breasts no longer leak, breasts are feeling soft, baby now nurses from both breasts instead of one. etc... these are not good indicators that supply is low. **The BEST indicator for low supply is low diaper count and poor weight gain.**

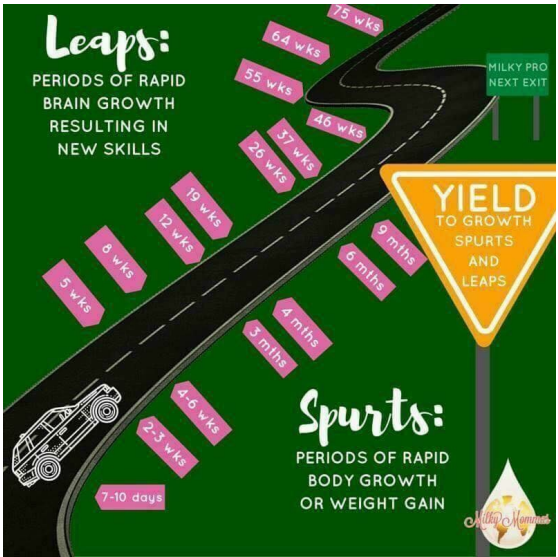
9. Soft breasts are working breasts! Engorged and "full" breasts tell your body to stop producing as much milk so a soft breast is going to produce MORE milk and fattier milk as well!

10. There are no magical foods or drinks that boost supply. Oatmeal, brewers yeast, fenugreek, etc. are all anecdotal. Fenugreek can actually decrease supply in some. **The best way to maintain supply is to latch baby on demand, eat a balanced diet, and drink to thirst.**

Although I say that, it can't hurt to eat oatmeal! Some moms have reported it working, so while there isn't actual evidence proving it works... and it's still delicious!

11. **If you are having ANY doubts, please visit with an IBCLC to help you trouble shoot! The most common reason moms do not reach their breastfeeding goals is due to lack of education on lactation (common, especially for first time moms) and lack of support.**

HELPFUL GRAPHICS



Tongue & Lip Tie Symptoms

Mama's Symptoms:

- * Cracked, blistered, bleeding nipples
- * Plugged ducts
- * Discomfort while nursing
- * Sleep deprivation (Because baby is not able to nurse efficiently they may compensate by nursing more often, including at night)
- * Thrush / mastitis
- * Compromised milk supply

Baby's Symptoms:

- * Reflux or colic
- * Difficulty latching
- * Gumming or chewing nipples
- * Gassy
- * Poor weight gain
- * Makes clicking noise while sucking
- * Excessive drooling
- * Choking on milk or popping off the breast to gasp for air

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How to Un-Clog Clogged Ducts

If you have a fever or flu-like symptoms, please seek medical attention. For frequent or difficult clogs, please seek in-person professional lactation support.

<p>Remove Milk Keep removing milk to reduce risk of mastitis or worsening clog. Pointing baby's nose at the clog may help target the clog.</p>	<p>Massage Gently massaging from behind the clogged duct toward the nipple may loosen the clogged area.</p>	<p>Hang Loose Nursing with your breast hanging freely down (dangle nursing) allows gravity to help release the clog.</p>
<p>Buzz Buzz Massaging the clogged area with an electric toothbrush or massager can shake loose the clog.</p>	<p>Warm Up Alternating a warm compress for ~10 min. can help open the milk ducts wider to release the clog.</p>	<p>Keep Cool Alternating a cool compress for ~10 min. may alleviate swelling from constant stimulation and massage.</p>
<p>Hands On Hands on pumping or hand expressing milk can be more efficient and help target the clogged area.</p>	<p>Avoid It Frequent & efficient milk removal with a good latch or pump flange fit can help avoid clogs altogether.</p>	<p>Watch Out A severe clogged duct may turn into mastitis. Watch for symptoms and see your provider if needed.</p>

Milky Mommas

