

28 – 30 weeks

The first two days • Common concerns





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Immediately after delivery

During the first hours following delivery, baby will be in the perfect state for breastfeeding. Keeping baby skin-to-skin until after the first feed will ensure that you and baby will have the best opportunity to learn about each other. It will also enable you to see those early feeding cues that let you know your baby is ready to feed.

Feeding your baby early and often is the best way to ensure a full milk supply and a contented baby.

It is best to follow your baby's cues, not the clock, in determining how often to breastfeed. In the first few days, as you establish your milk supply, feed the baby whenever he or she shows signs of hunger. This should occur at least eight times in a 24-hour period.

Questions for your healthcare provider:

- How will I know when my baby is hungry? Do I wait until my baby cries?
- What about feeding schedules? When do I put my baby on a feeding schedule?





Common concerns

Breastfeeding takes practice. The more your baby breastfeeds, the more milk you will produce.

You may have friends or family who had some breastfeeding difficulties, or maybe you experienced challenges with a previous baby. The following issues are all normal experiences and, with some support, you and your baby can continue to breastfeed exclusively and successfully. Be sure to communicate any concerns you might have to your doctor or midwife and your nurses. We are here to help!

Engorgement

When your milk comes in, your breasts will feel full and may leak. Engorgement is when your breasts become swollen or hard. Engorgement can make it hard for the baby to latch on, causing you soreness. Hand expressing some of your milk to soften your breasts prior to baby latching can help. Engorgement should get better in one-to-two days. It is important to empty your breasts to keep up your milk production. Engorgement can be prevented or decreased by breastfeeding frequently and feeding on demand from the beginning. Continue breastfeeding your

baby at least eight times in 24 hours or more frequently if your baby is showing feeding cues.

Sore nipples

Other than a little discomfort at the beginning of the feeding, it is not normal to experience pain while breastfeeding. Often, nipple pain is associated with a shallow latch. Please ask your nurse or lactation specialist for help right away so you can identify the cause and make breastfeeding more comfortable.

Changes in baby's weight

It is normal for your baby to lose weight after being born. Be sure to schedule an appointment with your child's pediatrician within 48 hours after discharge from the hospital to monitor your baby's weight. Your baby should regain his or her birth weight by 14 days of age.

Questions for your healthcare provider:

- Do I have to do anything to prepare my nipples for breastfeeding?
- Why is it important to empty my breasts if I have engorgement?