



BREASTFEEDING BASICS

Class Notes

724 EAST 2ND STREET
BOSTON, MA 02127

WWW.BOSTONNAPS.COM
BOSTONNAPS@GMAIL.COM
857-496-0078



BENEFITS OF SKIN TO SKIN

- Helps mother's to learn hunger cues
- Increases your levels of Prolactin
- Helps to regulate your baby's temperature
- Also, regulars heart rate and breathing
- Helps to maintain baby's blood sugar level

COLOSTRUM

- Your breasts produce colostrum during pregnancy and in the early days of breastfeeding
- It is yellow in color, thick, and sticky
- It is easy for the baby to digest It is low in volume, but very high in protein, vitamins, minerals and antibodies
- It is a natural vaccine that protects your baby from disease and illness
- It is also a natural laxative, to help your baby pass their first meconium stools

MAKING MILK

- Mothers should begin breastfeeding early and often to help their milk to come in
- The mature milk often comes in around days 3-5 and it is thinner and whiter in color

GETTING YOUR BABY TO LATCH

- Tickle your baby's lips to encourage him to open wide
- Pull your baby close, so that the chin and lower jaw moves into your breast first
- Make sure your baby takes a large mouthful of breast



A GOOD LATCH

Should feel comfortable to you without pain or pinching
You should see little or no areola and your baby's mouth should be full of breast
The tongue should be cupped under the breast
You should hear or see your baby swallow
The baby's lips should turn out like fish lips
The baby's chin should touch your chest

POSITIONING YOUR BABY



Cross Cradle Hold



Cradle Hold



Football Hold



Side Lying



FREQUENCY OF FEEDINGS

Day 1 of life your baby's belly is the size of a marble holding about 5-7 ml

Day 3 of life your baby's belly is the size of a shooter marble holding about 1 ounce

Day 7 of life your baby's belly is the size of a ping pong ball holding 1.5-2 ounces

Your baby will feed on demand, about 10-12 times in 24 hours

While they will cue you when they are hungry, your baby may eat about every 2 hours during the day, and every 3 hours at night

Cluster feeds and growth spurts will happen along the way!

SAFE STORAGE OF BREASTMILK

Up to 6 hours at room temperature

Up to 6 days in the fridge

Up to 3-4 months in the freezer

Up to 6 months in a deep freezer

My notes:

Boston NAPS Offerings

Have you completed your prenatal training?

Reserve your spot in our classes today for:

Labor & Delivery Prep

Childbirth for Multiples

Infant & Child CPR with First Aid

Newborn Essentials

Breastfeeding Basics

Visit our website for information on our
daytime and overnight nursing care offered by
a team of experienced Registered Nurses

Boston NAPS is Social

We are always hosting events around the city and
would love for you to be part of the fun.

Please visit our website,
www.BostonNAPS.com/events to mark our
upcoming events on your calendar!

Follow us on Instagram: @BostonNAPS

Follow us on Facebook: @BostonNAPS

Follow us on Twitter: @BostonNAPS

www.BostonNAPS.com