



Babies often wake up because they want to be near you or need help to feel safe and comfortable.

Breastfeeding Success – Caring for Your New Baby

Breastfeeding

Any breast milk you can give your baby is good. Giving your baby only breast milk until they are 6 months old is best, and will help keep you and your baby healthy. When your baby is 6 months old, ask their doctor about giving solid food. You should still breastfeed your baby until they are at least 1 year old. After your baby is 1 year old, you can breastfeed for as long as you and your baby like.

The first few days after your baby is born, breastfeed often. This will help you make more milk. If your baby can't feed at the breast, or if you need or want to feed your baby another way, there are options. Talk with your baby's doctor or a breastfeeding specialist to decide which way is best for you and your baby.

- At first, you will make small amounts of thick, sticky colostrum. You can hand express small drops of colostrum onto a clean finger, a spoon, or into a small cup or syringe. You should feed the colostrum to your baby often, but keep offering the breast. The more your baby feeds at the breast, the more milk you will make.
- When your body starts making more milk, you can hand express or pump your breast milk and feed it to your baby using a cup or bottle.
- You can use infant formula. Ask your baby's doctor which infant formula to use and how to start using it. If you do not hand express or pump breast milk when you use infant formula, your body will make less milk.
 - You might get coupons or free gifts from companies that make infant formula. You might get the gifts from your doctor's office or the infant formula company might mail them to you. You do not have to take the gifts or use the infant formula.

If you are having a problem breastfeeding your baby or you are worried your body is not making enough milk, talk to a breastfeeding specialist. It is okay to ask for help.

Find a breastfeeding specialist or support group near you by visiting health.ri.gov/breastfeeding

Sore nipples

Your nipples might get sore when you start breastfeeding. This is normal. Your breasts will be most sore 3 or 4 days after your baby is born. Then the soreness should start to go away.

Before you start each feeding

- If your nipples are dry and have scabs, put a warm, wet washcloth on your breasts for a few minutes.
- Gently rub the dark part of your nipple (areola) to make it soft and easier for the baby to start breastfeeding. Try to squeeze a few drops of breast milk out.

While you are breastfeeding

- Be sure you *and* your baby are in comfortable positions. If you need help, a breastfeeding specialist can teach you how to hold your baby while you are breastfeeding and how your baby should latch onto your breast.
- Latch your baby onto your breast and let them suck for about 1 minute. You may feel a strong pulling at your breast. This is normal. If it hurts after you have been breastfeeding for about 1 minute, stop. Put your finger in the corner of your baby's mouth to break the latch and start again.
- When your baby's sucking slows down or if they fall asleep, squeeze and rub your breast to help make your baby start eating again. If your baby does not start eating again, stop breastfeeding. If your nipples are sore, it is not good to let your baby keep sucking, or "comfort nursing" after they are done eating.



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After you finish breastfeeding

- Squeeze a few drops of breast milk out and gently rub it onto your nipples. Let your breasts air dry before you put your bra or shirt back on. You can put a thin coat of 100% lanolin ointment on sore nipples too. Lanolin ointment is safe to use while you are breastfeeding and you do not have to wash it off before you breastfeed again.

Call your healthcare provider or a breastfeeding specialist if:

- The skin on your nipples is red, cracked, or damaged.
- It hurts the whole time you are breastfeeding.
- The pain does not begin to go away after your baby is 5 days old.

Jaundice

If your baby's face, eyes or inside of their mouth looks yellow, they may have jaundice. A lot of babies get jaundice. It happens when a chemical called "bilirubin" builds up in a baby's blood. Jaundice can be treated.

Call your baby's doctor if:

- Your baby's face or the white parts of their eyes keep getting more yellow.
- You notice your baby's stomach, arms, or legs get yellow.
- Your baby is hard to wake up, is fussy, or is not eating well.

Sleeping

Your baby will wake up during the night. This is normal. Babies often wake up because they want to be near you or need help to feel safe and comfortable. They also wake up when they are hungry. Babies have very small stomachs and can't hold a lot of milk in their stomach. As they get older, their stomach will grow and they will not get hungry or wake up as often.

Young babies sleep 14 to 16 hours each day, but they do not stay asleep all the time. Each time your baby goes to sleep, they might stay asleep for only 1 or 2 hours. For the first month after you are home from the hospital, it will be hard to know when your baby will sleep and when your baby will be awake.

Your baby needs two different kinds of sleep: light sleep and deep sleep.

Light sleep: Light sleep helps your baby's brain grow and get strong.

These are things your baby might do during light sleep:

- Move around and make noises
- Breathe either fast or slow
- Open and close eyes quickly
- Dream
- Wake up easily

Deep sleep: Your baby's brain rests during deep sleep. These are things your baby might do during deep sleep:

- Stay still
- Breathe steady
- Have relaxed or floppy arms and legs
- Make sucking movements with their lips
- Sleep soundly

If you try to put your baby in their sleep area when they are in light sleep, they might wake up. Try to hold your baby until they are in deep sleep before moving them.

Safe Sleep

Your baby should sleep on their back because it is safe. Sleeping on their back protects your baby from Sudden Infant Death Syndrome (SIDS). Do not put blankets, stuffed animals or crib bumpers in your baby's sleep area. The mattress should be firm and covered with a sheet that is tight. If your baby's sleep area is near your bed, it will be easier to breastfeed when your baby needs to eat during the night. Always put your baby back in their sleep area after you finish breastfeeding. Do not keep your baby in bed with you when you are sleeping too.

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