

## Recognize signs of hunger

- Seeking and sucking movements
- Gulping and smacking sound
- Hand-to-mouth movements
- Baby sounds and sighs
- General fussiness
- Rapid eyelid movements

## Time together with the child by means of rooming in

- you can react more quickly to your child's signs of hunger
- Regular breastfeeding helps you to breastfeed more quickly
- encourages the frequency of breast feeding

## What happens if the baby is sick and cannot get breast milk?

You should still pump the milk just as often and intensively to start and maintain milk production.

## How will you be cared for?

During your stay with us, on maternity ward 32, you will be cared for by our health and pediatric nurses, two breast-feeding and lactation consultants and, via the delivery room, by our midwives.

### Women's Clinic at Weiden Hospital

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## Information on breastfeeding

of the Women's Clinic at Weiden Hospital

Information flyer  
for mothers

### Dear mother,

We are delighted that you are breastfeeding your child and that you optimally want to feed your child. To ensure that breastfeeding is successful, we would like to give you some important tips along the way.

## Latching on

### From when on?

Let your baby suckle at the breast as early as possible. Sucking causes the release of oxytocin and prolactin. This produces milk and the uterus recedes more quickly.

### How to latch on correctly

- Short breast massages for the first few days to trigger the milk let-down reflex
- Good breastfeeding position, get comfortable, the baby comes to the breast - not the other way around.
- grasp the breast correctly - mouth wide open
- rhythmic sucking with pauses, audible swallowing

### How often?

- Initially at least eight to twelve times within 24 hours or more, until abundant milk production sets in and birth weight is reached again.
- afterwards the children may drink ad. Libitum, but at least 6 times in 24 hours.

### How long?

On average, you should breastfeed for around 15 to 20 minutes before the second breast is offered. Frequent latching on promotes milk production, longer breaks reduce the amount of milk. Breastfeed according to your baby's needs and not according to the clock.

## How do you wake a sleepy infant?

- Remove blankets and sleeping bag
- Change diapers
- Make skin contact
- Massage back, stomach, arms

## Signs of effective breastfeeding / sufficient milk

### Infant:

- Weight loss less than 7%
  - regular bowel movements, from day 4 on: at least twice a day
  - Color from black on the first day to creamy yellow from day four to five
  - at least six wet diapers from day four
  - audible swallowing during breastfeeding
  - birth weight reached by the 10th day of life at the latest
  - thereafter increase of 140 to 200 grams per week
- Keep waking your child until a satisfactory weight gain has been achieved.

### Mother:

- significant increase of milk quantity
- softer breasts after breastfeeding
- no injuries to the nipples
- Uterine contractions during breastfeeding

**Do not use a bottle or a pacifier when your child is restless! Otherwise the child will drink less from the breast and less milk will be produced!**

## Avoiding problems while breastfeeding

Nipple and breast pain can be normal during the first few days. The correct breastfeeding position and alternating breastfeeding positions (cradle and back position, breastfeeding lying down) are crucial for prevention. Do not use nursing pads during the first few days, as they reduce blood flow to the nipple. To care for the nipple, use highly purified lanolin or apply breast milk.

If your breasts are sore, a breast massage and cooling compresses i.e. with curd after breastfeeding can help.

- Allow air to reach the nipples
- Breast massage
- Cooling compresses after breastfeeding
- plenty of rest and relaxation

## Nutrition of the breastfeeding mother

- wholesome and varied
- Drink according to thirst (no peppermint tea or sage tea)

Restrictions in the diet are rarely necessary. This is because only a few babies react to what their mother eats.

## Expressing and storing breast milk

We are pleased that you want to breastfeed your child and thus provide optimal nutrition, even if your baby cannot be with you. Breast milk is particularly valuable for premature babies and sick newborns because of its balanced nutrient composition, its immunologically effective ingredients and anti-infectious components, as well as its hormones and growth factors.

It helps the child to thrive and become healthy. Don't despair if you find it difficult to empty your breasts at first. You also have to learn how to pump. There are certain conditions attached to the use of expressed breast milk. The following instructions must therefore be followed in order to obtain hygienically safe milk.

### Cleaning the pump sets:

You will receive clean milk bottles from the clinic. After use, clean the pump set thoroughly with hot water, dish washing detergent and a bottle brush, rinse with hot water and then boil for 3 minutes in a pot (the items must be completely covered with water). Alternatively, a vaporizer can be used.

### Cleaning the breast and hands:

Wash your hands carefully before touching the breast (liquid soap, clean towel). Before pumping, also wash the breast with a disposable washcloth and warm water.

### When to start pumping?

From the third day of life, on the first and second day of life the colostrum is expressed by hand.

### How often should you pump?

Pump as often as possible, at least 8 (to 12) times in 24 hours.

### How long should you pump for?

Allow around 15 to 20 minutes per breast.

Use a double pumping set to save time and to increase the quantity of milk quickly.

**Frequent pumping / latching on promotes milk production, longer breaks reduce the amount of milk.**



### How to pump out?

- assume a comfortable position
- Short breast massage in the first few days to trigger the milk let-down reflex
- Position the breast funnel correctly
- start with low pumping suction
- Look at your child or a phot of your child while pumping

### Storage:

- Do not fill the bottle too full and close
- Label with date and time
- Store in the refrigerator at +4 to +6 degrees (not in the refrigerator door)
- Bring breast milk to the clinic as fresh as possible every day (do not interrupt the cold chain)
- Transport in a cooler

### How long can breast milk be stored?

- Fresh breast milk at room temperature: six to eight hours
- in the freezer at -18 degrees: up to 12 months
- fresh colostrum at room temperature: up to 12 hours
- in the refrigerator at four to seven degrees: up to 96 hours (store on the back wall of the refrigerator)