



what I need to know about breastfeeding my baby



breastfeeding my new baby

Tresillian 24 hr Parents Help Line
(02) 9787 0855
or 1800 637 357
(Freecall outside the Sydney Metropolitan area)
www.tresillian.net

Speak to a Tresillian Child & Family Health Nurse
on-line at ninemsn.com.au/messengermums or
visit our website at www.tresillian.net

This parent help brochure
has been generously
sponsored by:

Bepanthen®
ointment
Help stop nappy rash before it starts

The experience of Breastfeeding is unique as no two mothers and babies are the same.

Successful breastfeeding starts with correct positioning and attachment and may take up to 6-8 weeks to establish.

Positioning

- Sit comfortably in an upright position
- Allow your breast to fall naturally
- Lie baby on his/her side – chest to chest
- Bring your baby to the breast, supporting his/her weight on your forearm and hand around his/her shoulder
- Position baby so that your nipple is in line with baby's nose. This enables baby's chin to tuck into the breast and the nose to be free when attached

Attachment

- Ensure your baby's mouth is open wide and the tongue is down before attaching baby. Bring baby to the breast, NOT breast to baby
- It is usual to experience some discomfort when you start the feed, however, this should ease after a minute or two. If discomfort persists detach baby and start again



what I need to know about breastfeeding my baby

breastfeeding my new baby

Frequency

- All babies will have different feeding and sleeping patterns. Some can feed more often at one time of the day and have less feeds and a longer sleep at another
- It can be normal for a newborn to feed at intervals of 2 to 5 hourly
- Babies needs a minimum of 6-8 feeds in a 24 hour period

The Feeding Process

- Alternate breasts at each feed, ie. the side you finished on last is the side you start on at the next feed
- Allow baby to suck on the first breast for as long as he/she wants (up to 30 minutes). Time spent feeding will vary with each baby, up to an hour is quite normal
- When baby is feeding, a drawing rhythmical suck should be seen. Initially baby may suck vigorously, then slow down to a pattern of a few sucks followed by a pause. This cycle may continue for the length

of the feed. Your baby may pull off the breast or become very sleepy. This does not always mean the feed has finished. Baby may need waking to continue feeding by:

- nappy change
- allowing a few minutes for baby to burp, though they do not always need to burp
- Offer baby the second breast. Allow baby to suck for as long as he/she wants (up to 30 minutes). Don't be concerned if your baby doesn't want the second breast, but it is important to offer it

Detachment

- Slip your clean little finger between the baby's gums and detach from the nipple

Principles

- Minimum of 6 breast feeds in 24 hours
- Feed 2 to 5 hourly
- Mother to sit in a comfortable position
- Correct positioning and attachment
- A baby needs adequate sleep to feed well