

# TIPS FOR BREASTFEEDING SUCCESS

## GET AN EARLY START:

- Try to begin breastfeeding within an hour after delivery
  - Sucking instinct is strong at this time
  - You will not be producing breast milk at this time, but your breasts do contain colostrums, a thin liquid that contains antibodies

## PROPER POSITIONING:

- Baby's mouth should be wide open
- Nipple should be as far back in the baby's mouth as possible
  - Minimizes soreness for mom
- Contact a nurse, midwife or lactation consultant to help with proper positioning

## NURSE ON DEMAND:

- Baby's need to nurse about every two hours
- They do not need to be on a strict schedule
- This will stimulate more breast milk
- Eventually, the baby will settle into a regular routine
- Breast milk is more easily digested
  - Breastfed babies will need to feed more often than bottle-fed babies

## NO SUPPLEMENTS:

- Nursing babies don't need sugar water or formula nutrients
- This may interfere with the baby's appetite and therefore reduce milk production

### DELAY ARTIFICIAL NIPPLES:

- Wait a week or two before introducing a pacifier
- Artificial nipples require different sucking than real ones

### AIR DRY:

- Air dry nipples to keep them from cracking which can lead to infection
- If the nipples do crack use breast milk or other natural moisturizers to assist in healing

### EXPECT ENGORGEMENT:

- A new mother usually produces lots of milk, making the breasts big and sometimes painful
- Feeding the baby often will help relieve the engorgement



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