

Breastfeeding guide

1. Which position should I put my baby in?

The following techniques can help ensure a proper latch:

1. Your baby's tummy is against your tummy. Make sure you are comfortable.
2. Initial position: your baby's nose should be opposite the nipple, which stimulates him to open his mouth wide in order to latch on.
3. Gently touch your baby's upper lip with the nipple. He will open his mouth and may lick the nipple. This is the rooting reflex.
4. Your baby will move his head back and forth and move his hands, looking and feeling for the breast.
5. The baby's mouth is wide open during suckling. Bring your baby to the breast at the moment his mouth is wide open.
6. GOOD TECHNIQUE: the mouth covers much of the areola. The chin touches the breast while the nose is clear or only just touching the breast. The lips are pursed outward. The baby is feeding.
POOR TECHNIQUE: the lips only cover the nipple itself.
7. After nursing, the baby releases the nipple and has had enough.
GOOD TECHNIQUE: the nipple is elongated and round. POOR TECHNIQUE: the nipple has a flattened shape (poor suckling technique).

2. How do I know if my baby is feeding well?

1. In most cases, the baby begins feeding by making some rapid suckling movements to activate the flow of milk. As soon as the milk begins to flow, they drink deep and long gulps, pausing occasionally to catch his breath.
2. You will hear and see the baby swallowing. His cheeks bulge during suckling. Movement between his ears and temples can be seen.
3. The baby's mouth is moist and the baby is full after feeding.

3. How should I break away after breastfeeding?

1. Insert your finger into the corner of the baby's mouth, between his gums.
2. The vacuum is then broken and the baby lets go. This action is not normally painful.

4. How do I know if my baby wants to feed?

1. The baby is licking his hands, with his eyes still closed.
2. The baby is clenching his fists.
3. The baby is licking his lips, turning his head and trying to find your breast.
4. The baby is bringing his hands to his mouth.
5. The baby appears tense.
6. The baby is crying.

5. How often should I feed my baby?

Feeding pattern over a 24-hour period: 0-2 week(s)

Feeding pattern over a 24-hour period: from 2 weeks

The number of feeds over 24 hours varies from one baby to the next. It is best to feed on demand. For the first two weeks of the baby's life, they tend to feed frequently. After 2 weeks, some babies may wait longer between 2 feedings, whereas other babies still feed frequently.

If you have any concerns or questions, please contact your district nurse.

6. How do I know if my baby is drinking enough?

Nappy stools

In the first week of a baby's life, his stools evolve from thick black meconium to liquid yellow-orange stools: meconium – transitional stools – breastfeeding stools.

Number of stools at 0-6 weeks

In the first few weeks, a baby will produce stools at least 3 times per day.

Number of stools after 6 weeks

From 6 weeks, the stools evolve differently for each child. Some babies need his nappy changed 3-6 times per day. Other babies will produce stools just 1-2 times per week. Both are considered normal.

Nappy urine

Babies urinate regularly, once they are 4 days old, the baby may urinate up to six times every 24 hours.

Weight

Expect an average weight loss of around 7% in the first week.

Day of birth = birth weight

± Day 3 = birth weight – 7%

± Day 14 = birth weight

± Week 3 = birth weight + around 100-200 grams

Your baby is weighed at each check-up with 'Kind en Gezin'.

7. How should I store expressed breast milk?

Fresh breast milk expressed in hygienic conditions using a breast pump can be stored in sealed sterilised bottles or jars or in sterile breast milk storage bags for:

- 4 hours at a room temperature of up to 25°C or
- 72 hours at the back of the refrigerator (1-4°C) or
- 2 weeks in the fridge's freezer compartment or
- 3-6 months in the freezer (-18°C or below).

Tip: don't forget to note the date the milk was expressed.

How should I defrost frozen breast milk?

- Slow defrost: at the back of the fridge, to keep for up to 24 hours. Do not refreeze.
- Quick defrost: run under tap water (from cold to a warmer temperature). You can use the breast milk straight away to feed your baby. It should not be kept.

How should I store breast milk for premature babies and sick children?

Follow the advice of your doctor or hospital.