The First Days of Life

- Put your baby on your chest or belly right after birth and allow him/her to practice breastfeeding
- Hold your baby in skin to skin contact
- Room in with your baby
- Your baby may sleep most of the first day of life
- Learn hunger cues
- Sleep when your baby sleeps
- Ask for help and support
- Your baby may snack all night long on the second and third nights of life like night owls
- Your baby will eat at night for the first several months
- Limit your visitors

Mother’s milk is the most perfect food for your baby. Doctors recommend that babies receive only mother’s milk for the first six months and continue to breastfeed as long as possible.

F/K 5.7 6/21/2011

Breastfeeding Assistance
UNMH Lactation Clinic: (505) 272-0480
Childbirth Education: (505) 272-2245
La Leche League: (505) 821-2511
www.lli.org
New Mexico Breastfeeding Task Force:
www.breastfeedingnewmexico.org
Federal Helpline: 1-802-994-9662
www.4woman.gov/breastfeeding
WIC: (505) 841-4173
Hotline for medications with breastfeeding: 1-806-352-2519

2211 Lomas Boulevard NE
Albuquerque, NM 87106
(505) 272-2111
www.hospitals.unm.edu

UNM Hospitals has Great Expectations for You and Your Baby
Skin to Skin

- Hold your naked baby against your bare chest
- The first few hours after birth are very important to hold baby skin to skin
- Your baby will smell the milk and move to the breast
- Your baby will cry less and sleep better
- This helps your baby recover from the stress of being born
- Babies breastfeed better and moms make more milk with skin to skin care

Night Owls

- For the first 24 hours, newborns may sleep to recover from being born.
- On the second and third nights newborns are awake like owls and cry more. They want to be held and learn how to breastfeed.
- Sleep when your baby sleeps so you are ready for the second and third night when your baby wants to eat all night long.
- Feed your baby in side-lying position when you are tired so you can rest.

Soothing Your Baby

If your baby is acting hungry after feeding try to:

- Hold your baby skin to skin
- Wrap your baby snugly
- Rock or sway your baby
- Pat your baby’s back while holding your baby
- Talk and sing to your baby
- Make soft shh sounds
- Play music
- Offer the breast again; newborns do need to nurse often

Expect a “feeding frenzy” on day two and three:

- Very frequent feeding in the early days fills baby’s needs and builds your milk supply
- Avoid using pacifiers or giving bottles while your baby is learning to breastfeed

Hunger Cues

It is a good time to put your baby to the breast when you see:

- Lip smacking
- Sticking out the tongue
- Sucking on hands
- Rooting

Limit Visitors

Ask family and friends to visit you when you are rested. Give yourself time to feel comfortable learning to breastfeed in private.