

## 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.llli.org](http://www.llli.org)

New Mexico Breastfeeding Task Force:  
[www.breastfeedingnewmexico.org](http://www.breastfeedingnewmexico.org)

Federal Helpline: 1-802-994-9662  
[www.4woman.gov/breastfeeding](http://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](http://www.hospitals.unm.edu)**

## Building Blocks for Successful Breastfeeding



**UNM Hospitals has  
Great Expectations for  
You and Your Baby**

## Breastfeeding is a process. Be patient while your baby learns.



### 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.

### 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

### 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

### Limit Visitors

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