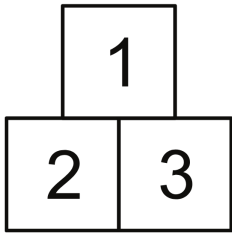


# Breastfeeding

## Quick-Start Guide

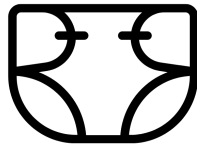


1. **Make yourself totally comfortable**—don't be afraid to use a ton of pillows! You shouldn't need to hold the baby with your muscles much at all.
2. **Hold baby tummy to tummy.** No head-turning to get the breast.
3. Your baby needs to **open their mouth very big** to take the breast. Do not be afraid to take baby off the breast (many times!) if their latch isn't wide enough.

**BONUS:** Try laid-back breastfeeding (*biological nurturing*) when your baby is little/if they're having trouble.

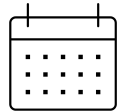
You know your **baby is getting enough** by the diapers. A 'sufficiently wet' diaper feels like 3 tablespoons of water—pour this onto a clean diaper to get a sense of what it feels like. Expect:

- 1 wet diaper on day 1
- 2 wet diapers on day 2
- 3 wet diapers on day 3
- 4 wet diapers on day 4
- 5-6+ wet diapers after your milk comes in



**Breastfeeding takes a lot of time.** Newborns eat every 2-3 hours around the clock. You will probably spend 6-8 hours a day breastfeeding.

**The milk doesn't come in until day 2-5,** sometimes longer. Before that, baby is getting colostrum—a super healthy, immune-boosting, gut-lining, liquid gold.



Spend lots of time **skin-to-skin and nurse on demand** for the first 3 months. Do not try to put baby on a schedule. If your baby is upset and there's nothing else obviously wrong, put them to the breast. They get much more than food from breastfeeding—immune benefits, comfort, bonding + more!

### TIPS

- Stay extra hydrated
- Learn some sore nipple remedies
- Use different positions
- Try to delay pacifiers and bottles until breastfeeding is well established
- Attend a class or breastfeeding support group



**Do not quit** or give formula before seeing a good lactation consultant. A home visit costs a couple hundred and saves you way more money than that in formula. No matter what, you get to decide what's best for you and your baby.

