WIC Breastfeeding class

- Introduction and history

- How does breastfeeding work?

  Changes in breast
  
  Hormone cycle
  
  milk production
  
  milk release

- Latch on
  
  Skin to skin contact with every feeding possible

  Positioning/holding of baby
  
  Laid back, Cradle, football, lying down

  Tummy to tummy, point nipple to baby’s nose (roof of mouth)
  Express milk on nipple and tickle lips
  With mouth open, pull baby to breast chin first so nipple is pointing toward roof of mouth
  Baby’s chin should be pressed into breast. Nose will be clear of breast or slightly touching
  There should be no pain during any time of breastfeeding (on or off)
  If so, break seal and keep trying

- Feeding schedule
  
  Eats every 1-2 hours in first couple months
  goes longer as stomach grows
  look for “suck, suck, swallow” pattern
  lips curl outward
  softer breasts when feeding done
  baby done eating when pulls him/herself off or is “milk drunk”. Always offer other side
  if falling asleep on breast, do breast compressions
  will see 2-3 dirty and 5-6 wet diapers a day. Look for mustard yellow color, and seedy stools. Light yellow urine, should not be dark.

  In first 3 weeks after birth, avoid using pacifiers and bottles
• “rooming in” after birth
  Feed within 1-2 hours of birth

Feeding cues
  Smacking lips or sucking sounds
  Hands to mouth
  Rooting
  Wandering eyes/moving head side to side
  Crying-last resort-learn to feed before this happens

Things that delay milk production:
  C-sections
  Obesity and Type 1 Diabetes
  Hypothyroidism
  Women over 40

• DVD

• Pumps and breastfeeding accessories
  Breastfeeding in public

• Question and Answer

Make it a goal to breastfeed for one month!

Please visit our breastfeeding Facebook page at:
https://www.facebook.com/WoodCountyBFF

WIC Breastfeeding Peer Helper after hours number 419-601-3903
La Leche League warm line: 419-531-1044

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