



# Care Plan for Breastfeeding Your Healthy, Full-Term Newborn

## Care Plan Goals:

- Establish effective breastfeeding
- Enable parents to identify effective breastfeeding behaviors
- Establish and maintain your milk production through breastfeeding

## Suggestions for Breastfeeding Your Newborn

- Watch for baby's feeding cues. Offer your breast when you see cues
- Position yourself and baby for feeding
- As baby opens his mouth widely, help him latch onto your breast
- You should feel a tugging sensation; if painful, try latching again
- You and your partner may need to stimulate baby to stay awake and feed during the first week

## Signs That Breastfeeding Is Going Well During the First Week of Life

- Baby is breastfeeding 8 to 12+ times in 24 hours (beginning Day 2 of life)
- Breastfeeding sessions are lasting 10 to 30 minutes per breast
- Baby is sucking and swallowing with his jaw dropping and you hear swallows
- Breastfeeding is comfortable for you (no nipple or breast pain)
- By Day 4 of life, your baby's stool should be yellow in color and he should have at least 4 stools and 6 wet diapers in 24 hours
- Baby appears to be satisfied after breastfeeding
- Baby has not lost more than 10% of his birthweight
- Baby should be gaining between 2/3 to 1 oz. per day when your milk comes in

## What To Expect During the First Month of Life

By the end of the first week of life, your baby will be breastfeeding 8 to 12 times in 24 hours. This will continue for several months. His daily goals for urine output will be 6 to 8+ wet diapers and 4 to 6+ stools in 24 hours. This will continue for the first 6 weeks. After 6 weeks, baby may decrease the number of stools to 1 to 2 large stools each day. Feedings will continue to last 10 to 30 minutes on each breast for the first month until baby becomes more efficient and effective at breastfeeding. The time will decrease around one month.

## Breastfeeding Concerns/Reasons To Call Lactation Consultant

Contact your baby's doctor or your doctor as well as TriHealth Breastfeeding Care Center (513 862 7867 option 3) with any of the following concerns:

- Baby is not breastfeeding 8 to 12+ times in 24 hours
- Baby is not breastfeeding more than 10 minutes per session
- Baby is breastfeeding more than 60 minutes per session and acting hungry afterwards
- Baby is not having 6 to 8+ urines and/or 4 to 6+ stools in 24 hours after Day 5 of life
- Baby is having difficulty latching on and/or breastfeeding
- You have sore and/or damaged nipples or breasts due to any reason
- Baby needs to be given a supplemental bottle or syringe of breast milk or formula
- Baby is not back to birthweight by 2 weeks of age
- Baby is losing weight or not gaining weight well
- Baby is fussy, gassy, pulling off or refusing the breast
- You are experiencing milk production problems (high or low)