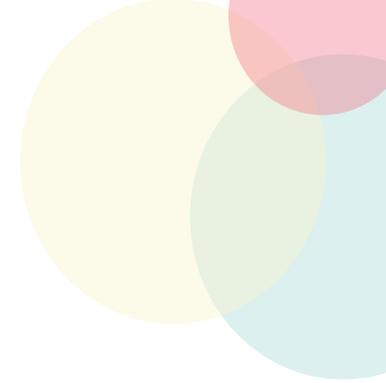


CONGRATULATIONS ON THE BIRTH OF YOUR BABY!



1

RESOURCES



Breastfeeding gives your baby the best possible start in life. These breastfeeding cards aim to support you on your breastfeeding journey. They include information on what to expect in the first few days of breastfeeding, useful tips, resources and positive affirmations.

In The National Maternity Hospital and all maternity units across Ireland, midwives and lactation consultants are available to help you and your baby learn to breastfeed together.

If you experience breastfeeding challenges after leaving the hospital, there are plenty of supports and resources available to help you.

Created by Community midwife

Alice Hoffmeister



The National Maternity Hospital



Kindly Supported by the



NMH Foundation
Helping Holles Street



♥ IF YOU ATTEND THE NMH

For additional support and/or information on breastfeeding after discharge home, please email breastfeedingsupport@nmh.ie

♥ COMMUNITY SUPPORT

General breastfeeding support is available locally from your Public Health Nurse, private lactation consultants and peer support groups such as:

- Friends of Breastfeeding
- La Leche League
- Cuidiú

♥ USEFUL ONLINE RESOURCES

- [HSE Breastfeeding.ie](https://www.hse.ie/eng/health/abf/)
- NMH eLearning Hub - [The NMH Guide to caring for yourself and baby after birth](#)
- HSE Booklet - [Breastfeeding: A good start in life](#)

Did you know:

Joining a breastfeeding support group helps you meet other breastfeeding mothers and can increase your confidence in breastfeeding.

Women empowering women!

Breastfeeding journeys take many forms

I learn to adapt to
each stage



GETTING STARTED

- Start skin-to-skin contact with your baby as soon as possible after birth
- The first milk is called colostrum. It is normal to only have a small amount
- Aim to initiate breastfeeding within the first 2 hours after birth.
- Colostrum lines your baby's stomach with good bacteria and its main benefit is to prevent infection
- Babies will normally feed 8-12 times over 24 hours. The time between the feeds may vary especially in the first few days. This is normal.
- Regularly breastfeeding helps you build up a good milk supply
- Offer both breasts at each feed and alternate which breast you start with

HAND EXPRESSING

If you are temporarily separated from your newborn or are having difficulty attaching your baby to the breast, hand expressing can be a great way to provide your baby with colostrum and stimulate your supply.



[Click here for the postnatal hand expression of colostrum video](#)

Frequency of feeding	Amount per feed
Day 1: 8-12 times/day	2-10 ml
Day 2: 8-12 times/day	5-15 ml
Day 3: 8-12 times/day	15-30 ml
Day 4: 8-12 times/day	30-60 ml

Did you know:

Babies receive immune boosting bacteria during skin to skin. It can help stimulate your milk supply, bonding and babies' feeding instincts!

Baby feeding cues (signs)

Early cues – “I’m hungry”



Stirring



Mouth opening

Turning head
Seeking/rooting

Mid cues – “I’m really hungry”



Stretching

Increasing
physical movement

Hand to mouth

Late cues – “Calm me, then feed me”



Crying

Agitated body
movements

Colour turning red

Time to calm crying baby

- Cuddling
- Skin-to-skin on chest
- Talking
- Stroking



For more information refer to the Queensland Health booklet *Child Health Information: Your guide to the first twelve months*
Visit the Queensland Health breastfeeding website: <http://www.health.qld.gov.au/breastfeeding/>

Today is a new
day



CLUSTER FEEDING

- Cluster feeding is when your baby wants to feed very often at certain times. Cluster feeding is normal and does not mean that your baby is not getting enough.
- During night two, babies tend to cluster feed to stimulate your milk to come in.
- Cluster feeding is especially common in the evenings. Some babies cluster feed for 2 to 3 hours before they settle and go to sleep. Cluster feeding can also occur during times of growth spurts and usually lasts a few days.

My baby's needs are
unique and
I am the best person
to meet them



HOW DO I KNOW MY BABY IS GETTING ENOUGH?

What goes in, must come out! Your baby should have the right amount of wet and dirty nappies, follow the HSE's guideline below.

Your baby's age	1 day	2 days	3 days	4 days	5 days	6 days	7 days	2 weeks	3 weeks
Your baby's tummy size?	 Size of a cherry		 Size of a walnut			 Size of an apricot		 Size of an egg	
 Nappies: How many? How wet? Per day, on average over 24 hours	At least 1 to 2 wet		At least 3 wet			At least 5 wet		At least 6 heavy wet with pale yellow or clear urine	
 Dirty nappies: Number and colour of stools Per day, on average over 24 hours			At least 1 to 2 black or dark green stools			At least 3 yellow stools		At least 3 large, soft and seedy yellow stools	

I nourish my baby
and I remember to
nourish myself



NOW MY MILK IS IN

- Around day 3-4, you will notice your breast milk become lighter in colour, thinner and more watery than colostrum.
- You will also notice an increase in breast fullness. This usually goes away after 12-48 hours with regular feeding, pain relief and breast care.
- Positioning and attachment may be a little difficult if your breasts are uncomfortably full.
- Breast engorgement is when your breasts get too full. This can leave them feeling hard and painful. This can sometimes lead to problems such as mastitis.

RELIEVING BREAST FULLNESS

Before feeding:

- Apply a warm cloth on your breast or have a warm shower
- Gently massage from the top of your breast down towards your nipple. Repeat this motion as you move around your breast.
- Gently hand express some milk to soften your breasts
- **Reverse pressure** softening is a technique that can soften your areola making it easier for your baby to latch on. HSE website: [Breastfeeding - Reverse pressure softening](#)

After feeding:

- Use a cold pack or moist face cloth to reduce swelling and relieve pain

SYMPTOMS & MANAGEMENT OF MASTITIS

For information visit HSE website: [Mastitis while breastfeeding](#)

* Remember

If you develop symptoms of mastitis, **continue breastfeeding or expressing** and contact a healthcare professional without delay.



Did you know:

Applying cold cabbage leaves to your breasts after feeding may reduce pain and inflammation associated with engorgement!

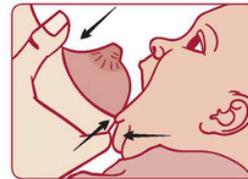


I am doing my best
and that is always
enough

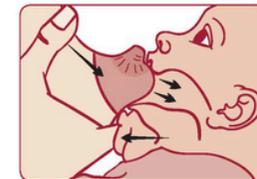


GOOD ATTACHMENT

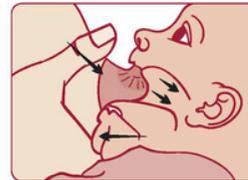
- It is important that your baby is latched on properly around your areola and not on the tip of your nipple, as this will make your nipple sore and baby will not get all the milk it needs.
- If you experience a shallow latch, remove your baby from the breast by placing a clean finger into the side of their mouth and try latch them on again.



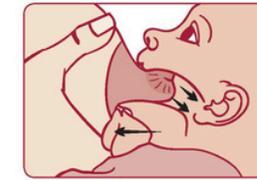
- When their mouth is wide open, bring your baby to the breast



- Aim your nipple to the roof of their mouth



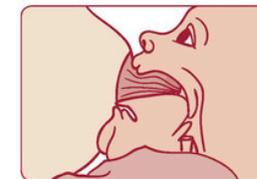
- Most of your areola should be deep in your baby's mouth



- Their cheeks will appear full and chin will be touching the breast



- They'll suck quickly at first, followed by longer sucks



- You will hear them swallowing

Watch me!

Video:
[Attaching your baby to the breast](#)

La Leche League International:
[Breastfeeding with sore nipples](#)

Did you know:

Your nipple should stay rounded after feeding.

Every breastfeed
benefits me and my
baby



POSITIONS

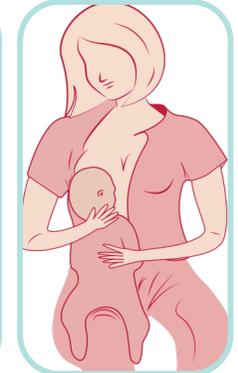
There are many breastfeeding positions you can try. Find out which ones work best for you and your baby. You might even find you have a favourite position that you stick to all the time.



Football hold



Cross-cradle



Koala hold



Laidback position



Side-lying

Watch
me!

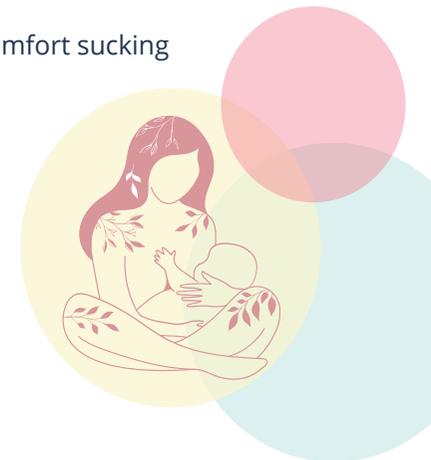
Video:
Global Health Media
[Positions for breastfeeding](#)



[HSE positioning
and attachment](#)

TIPS FOR BREASTFEEDING

- ✓ **Responding to your baby's feeding cues** meets their needs and establishes an adequate milk supply for them
- ✓ **Empty your bladder** before starting
- ✓ Have a drink of **water and healthy snacks beside you**
- ✓ Make sure you are in a **comfortable** position
- ✓ Always **bring baby to the breast**. Leaning your breast forward can lead to poor attachment and back pain
- ✓ Always **correct a bad latch**, sitting through a bad latch can lead to nipple damage
- ✓ **Side-lying and laid back feeding** can be very useful when feeling tired
- ✓ **Learn the signs of effective feeding** vs comfort sucking
- ✓ **Watch your baby**, not the clock!
- ✓ **Lots of rest** during the day
- ✓ **Ask for help and support** if you need it
- ✓ Use this time to **communicate and bond** with your baby



I remind myself
we are learning
how to breastfeed
together



Did you know:

The hormone Prolactin is at its highest at night time. So, when your baby feeds frequently at night, the message to your body to boost milk supply is even stronger.

Ingredients for Breastfeeding

- ✓ 2 cups of determination
- ✓ 1 cup of patience
- ✓ Handful of strength
- ✓ Sprinkle of luck
- ✓ Add a baby that plays ball
- ✓ Fold in support

Mix well and feel proud

