

# Newborn Feeding Information

Patient Information

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*Breastfeeding/Chestfeeding is recommended for all babies for the first six months of life. However you choose to feed your baby, we will support you in your infant feeding goals.*

## Skin-to-Skin

- Provide lots of skin-to-skin care – it helps your baby stay warm, feed well and helps make more milk. Partners can also do skin-to-skin.
- You may feel tired after birth. Limiting visitors can give you more time to rest with your baby. Many parents need support with feeding and nurses are here to help.
- Unless medically necessary parents and babies will stay together.

## How Often Should Babies Eat?

- In the first 24 hours, your baby may feed often or only a few times. They might be sleepy. Let them wake up on their own unless they are premature or have a medical issue.
- By their second day your baby will be more awake and will likely feed a lot – at least 8 times every 24 hours.
- Parents often worry that frequent feeding, especially at night, means they do not have enough milk. Frequent feeding is normal and does not mean you do not have enough milk.
- Keep track of how often baby feeds and their wet and dirty diapers.
- Breastfeeding should not be painful. Ask your nurse for help if you are in pain or worried about feeding.
- Your nurse will assess how your baby is feeding by watching baby feed and keeping

track of wet and dirty diapers.

- Offer both breasts at each feed in the first few weeks of baby's life.

## Feeding Cues

- Your baby will cue that they are hungry by putting their hands to their mouth, moving their head side to side, making noise, waking, and sticking out their tongue.
- Crying is a late feeding cue. Your baby will feed best when they are awake but before they start to cry.

## Hand Expression

- Hand expression is a way to remove milk from your breasts using your hands. Ask your nurse for help learning how to do this or follow the QR code link.



- We will help you learn how to feed your baby in a safe responsive way, following your baby's signs to know when they are hungry or full.
- For medical or personal reasons, you may be giving your baby milk other than breastfeeding. Discuss options with your healthcare team.
- Soothers are not provided by the hospital.

## Please ask your nurse if you have any questions

*Newborn feeding plan (if needed) on other side →*

# Newborn Feeding Plan

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- Lots of Skin-to-Skin time
  - Work on latch and positioning
  - Feed when baby starts to wake and shows feeding cues
  - Feed often. Offer the breast 8- 12 times in 24 hours or every 1-3 hours
  - Encourage active feeding (sucking and swallowing with short rest) by:
    - Breast Compression
    - Switch Nursing
  - Hand express or pump (how often, how long)
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- Offer breast, then supplement and express milk
- Supplement with \_\_\_\_\_ mls expressed breastmilk and/or formula by:
  - Cup
  - Spoon
  - Bottle
  - Supplemental nursing system
- Rest nipples as needed, express milk if baby is not feeding at the breast
- Comfort measures and self-care

## Notes

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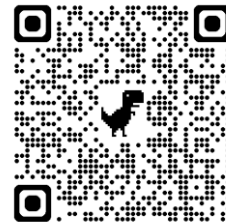
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It often takes 4-6 weeks to establish and get used to breastfeeding. Ask for help early and often if you have any concerns or trouble with breastfeeding.

Public health nurses provide breastfeeding/chestfeeding support. Reach out to your local public health unit.

### For more information

Interior Health



Breastfeeding My Baby Guide



HealthLink BC



*This document uses various terms to describe infant feeding. Not all parents identify with the same words to describe their pregnancy and parenting experiences. Please share your preferred language with your healthcare team and have them use the language you feel comfortable with.*