



Breastfeeding Your Baby

New  Nouveau
Brunswick

Breastfeeding is important for you and your baby.

Breast milk protects your baby from infection and has special components to help your baby grow and develop. Health Canada recommends you give your baby only breast milk for the first six months, along with a vitamin D supplement. At six months, start solid foods and continue to breastfeed for up to two years and beyond.

In addition, breastfeeding:

- is environmentally friendly.
- reduces health care costs for your family and society.
- is a reliable source of food for your baby/young child, during times of power outages, storms, and outbreaks of infectious disease.

More reasons to breastfeed your baby:

- Fewer ear and chest infections.
- Fewer stomach and gut upsets causing diarrhea.
- Lower risk of Sudden Infant Death Syndrome (SIDS).
- Less risk of some childhood cancers.
- Lower risk of obesity or being overweight.

For parents, breastfeeding lowers the risk of:

- Bleeding after childbirth.
- Type 2 diabetes.
- Breast and ovarian cancer.

Find out *10 Great Reasons to Breastfeed your Baby* at <https://www.canada.ca/en/public-health/services/health-promotion/childhood-adolescence/stages-childhood/infancy-birth-two-years/breastfeeding-infant-nutrition/10-great-reasons-breastfeed-your-baby.html>.

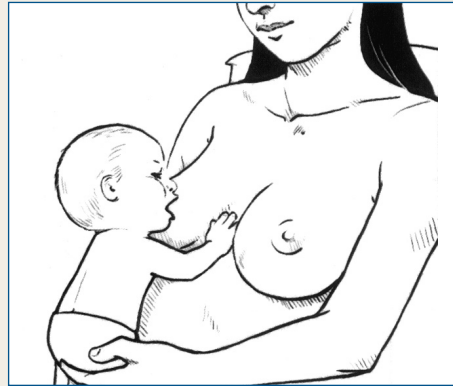
Read the *Ten Valuable Tips for Successful Breastfeeding* to help you make your breastfeeding experience even more successful and enjoyable at <https://www.canada.ca/en/public-health/services/health-promotion/childhood-adolescence/stages-childhood/infancy-birth-two-years/breastfeeding-infant-nutrition/valuable-tips-successful-breastfeeding.html>.

Baby-led latching

Baby-led latching is a natural and simple way for your baby to get to your breast. It is also helpful when your baby is learning to breastfeed, when your baby is not breastfeeding well, or when your nipples are sore.



- Start when your baby is calm.
- Sit comfortably with support and sit back a little.
- Hold your baby skin to skin on your upper chest and between your breasts.



- Your baby will start moving their head up and down looking for your breast. This may look like bobbing or pecking.
- Support your baby's neck, shoulders, and bottom while they move towards your breast.



- Your baby will find your nipple.
- Your baby will push their chin into your breast, reach up with an open mouth, and latch to your breast.
- It may help to bring your baby's bottom close to your body or give support to your baby's back and shoulders.
- Once your baby is latched, you and your baby can find a comfortable position.

Breastfeeding positions



Cross cradle position

This position works well if you:

- are learning to breastfeed
- have a small baby



Cradle position

This position works well:

- after you are comfortable with breastfeeding



Football position

This position works well if you:

- are learning to breastfeed
- have a small baby
- have large breasts
- have flat or sore nipples
- had a caesarean birth



Side-lying position

This position works well if you:

- find it too painful to sit
- want to rest when you breastfeed
- have large breasts
- had a caesarean birth

Try different positions. For all positions, check that:

- you are relaxed and comfortable
- your back and arms are well supported
- your baby's head and body are raised up to your breast
- your baby's chest is facing and touching your chest (place your baby on their side except in the football position – for the football position, place your baby on their back or slightly turned to your breast)

- your baby's nose is facing your nipple (bring baby to you instead of leaning over or pushing your nipple into your baby's mouth)
- your baby's chin touches your breast first
- when your baby's mouth is wide open, bring your baby close to your chest by pulling your baby's bottom closer

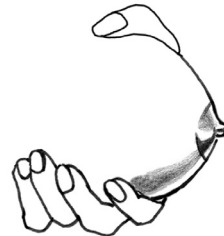
Helping your baby to latch

1



Get comfortable and find a position that works well for you. See section on "Breastfeeding Positions."

2



You might want to hold your breast in your hand. Thumb is on top and fingers are below the breast.

3



Face your baby's nose to your nipple. Stroke your baby's lips with your nipple. Wait until baby's mouth is wide open like a yawn.

4



...then gently pull your baby chin-first to your breast. Their mouth should hold lots of the areola (dark area around the nipple).

5



Your baby is latched on the breast properly when:

- the mouth is opened wide
- the lips are curled out
- the chin is pressed into your breast
- baby is sucking and swallowing milk.

6



If your baby falls asleep after a few minutes, squeeze your breast to help the breast milk flow. Do not squeeze so hard that it hurts. This will help your baby to start sucking again.

7



...also try taking your baby's clothes off or changing their diaper. Gently massage your baby's back, feet, or hands.

8



If you want to take your baby off your breast, break the suction first. You can:

- slip your finger into your baby's mouth **OR**
- pull down your baby's chin.

9

- When your baby no longer has strong "deep and slow" sucks and your breast feels softer, offer the second breast.
- Your baby may only feed a short time on the second breast.
- At next feeding, offer the breast that your baby fed on last. This is often the breast that feels the fullest.

Getting off to a good start

- **Skin-to-skin contact immediately after birth**, for the first hour or two, is a great way to help your baby adjust after being born. It also helps you to relax and get to know your baby. During this time, your baby will give you cues that they are ready to breastfeed. Feeding as soon after birth as the baby is ready helps you to make a good supply of breastmilk and ensures the baby gets the protective factors that are in the colostrum. Skin-to-skin contact is important, whether you have a vaginal birth or C-Section. Talk to your healthcare provider for more information.
- **Get help to breastfeed.** Ask for help if you are having problems. While in hospital, ask staff to help you. See the back of this book for numbers to call for breastfeeding help after you go home.
- **Give your baby only breast milk.** Breast milk is the only food a healthy baby needs for the first 6 months of life. Extra drinks or foods before this time will slow down your milk supply and may affect your baby's health (for example, your baby may develop an increased risk for allergies).
- **Breastfeed often.** In the first month, most babies will breastfeed 8 or more times in a 24-hour period. There are no set times to breastfeed your baby. Breastfeed your baby when she is showing signs of hunger (see section on "Questions about breastfeeding,").
- **Make an informed decision about baby soothers and bottles.** Giving a soother or bottle too early may affect breastfeeding. If you are thinking about using these, ask your healthcare provider about how to use them in the safest way.

How to tell if your baby is getting enough breast milk

Signs that your baby is breastfeeding well

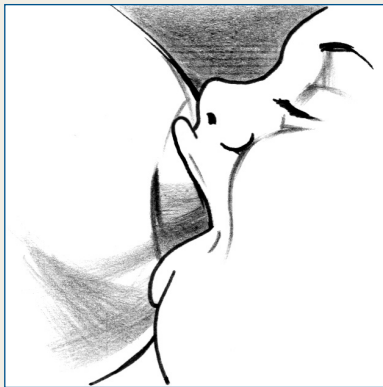
You will see:

1. Deep and Slow Sucks

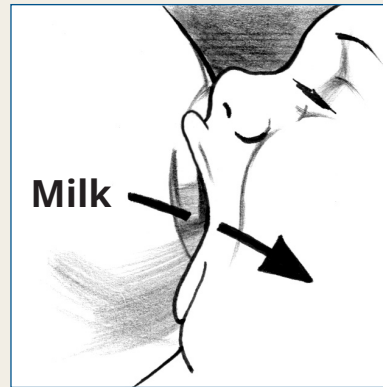
- At the start of the feed your baby will have shallow and quick sucks. When your milk starts to flow the sucks should become deep and slow. There should also be a pause during the suck when your baby's mouth opens the widest. Your baby is drinking milk during this pause.

You will:

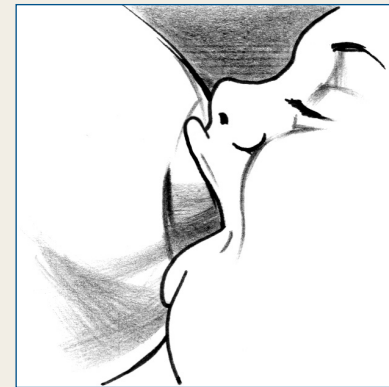
- feel your breast being pulled with no pain.
- hear your baby swallowing (e.g., a quiet exhaled "kaa kaa kaa").



Mouth opening.



Pause when mouth is opened the widest. Your baby is drinking milk during this pause.



Mouth closing.

2. Wet Diapers and Stools

Baby's Age	Wet Diapers Each Day At all ages urine should be clear to pale yellow with almost no smell	Stools Each Day
1 day old	<ul style="list-style-type: none"> At least 1 wet diaper (a wet diaper feels like at least 2 tablespoons or 30 ml of water poured on a dry diaper) 	<ul style="list-style-type: none"> At least 1-2 sticky dark green/black stools (meconium)
2 days old	<ul style="list-style-type: none"> At least 2 wet diapers 	<ul style="list-style-type: none"> At least 1-2 sticky dark green/black stools (meconium)
3 days old	<ul style="list-style-type: none"> At least 3 heavy wet diapers (a heavy wet diaper feels like at least 2-3 tablespoons or 30-45 ml of water on a dry diaper) 	<ul style="list-style-type: none"> 3 or more brown/green/yellow stools
4 days old	<ul style="list-style-type: none"> At least 4 heavy wet diapers 	<ul style="list-style-type: none"> 3 or more brown/green/yellow stools
5-6 days old and older	<ul style="list-style-type: none"> At least 6 heavy wet diapers 	<ul style="list-style-type: none"> 3 or more large, soft, yellow, seedy stools (a large stool is the size of a quarter or larger). Baby should not be passing any meconium at this age
6 weeks to 6 months	<ul style="list-style-type: none"> At least 6 heavy wet diapers 	<ul style="list-style-type: none"> 3-4 per day or 1 large, soft, yellow seedy stool per week After 6 weeks some breastfed babies may have 1 very large yellow stool every 1-7 days. This is normal as long as the stool is soft like toothpaste, or seedy, and watery, and your baby is healthy. It is also normal for some breastfed babies to have many stools each day.

3. Weight gain

- Babies lose weight in the first few days after birth.
- Your baby should return to their birth weight by 10-14 days of age.
- Then your baby gains weight every week.

4. Other signs that your baby is getting enough breast milk

- Your baby's mouth is wet and pink.
- Your baby's eyes look alert.
- Your baby moves actively.
- Your baby comes off the breast looking relaxed and sleepy.
- Your breasts feel softer and less full after breastfeeding.

**Reach out for help if you are concerned your baby may not be getting enough breastmilk.
Most problems are easily corrected.**

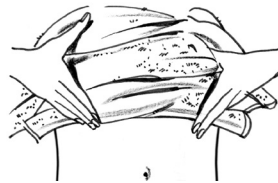


Caring for breasts that are hard

- If your breasts become hard your baby may have trouble breastfeeding.

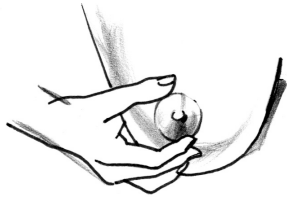


Have a warm shower until breast milk starts to flow OR...

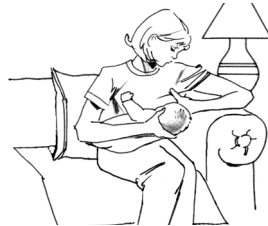


...place a warm towel on your breasts for a few minutes until breast milk starts to flow.

Gently massage your breasts towards your nipple.



...then express some breast milk until the area around your nipple feels soft (see section on “Expressing Breast Milk”).



Breastfeed your baby as often as they ask until your breasts are no longer hard.

After feeding if your breasts are still feeling full or uncomfortable you can apply cold, covered in a cloth, on your breasts for a few minutes. This can help to decrease swelling. Hand expressing can also help to soften the breast.

Get help right away if you:

- cannot soften your breasts or are having problems breastfeeding.
- have a red and painful area on your breast.
- have a fever.
- are feeling sick.

See the back of this book for phone numbers to call for breastfeeding help.

Caring for nipples that are sore

- There may be some nipple tenderness in the first week after birth. This should get better each day.
- Breastfeeding should not be painful when your baby is latched and positioned properly.



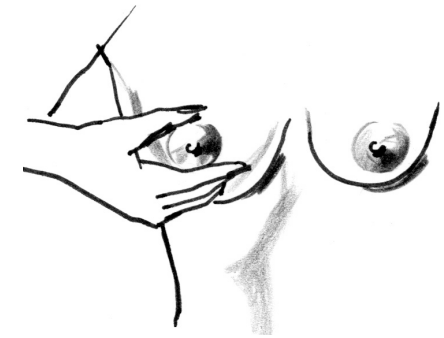
Your baby is latched on the breast properly when:

- the mouth is opened wide.
- the lips are curled out.
- the chin is pressed into your breast.
- baby is suckling and swallowing milk.



Your baby is positioned properly when:

- the head and body are raised up to your breast.
- the head is at the level of your breast.
- the chest is facing your chest.
- the mouth is facing your nipple.



After breastfeeding:

- express some breast milk onto your nipple and the dark area around it.
- let the milk dry before putting on your bra.

If you want to take your baby off your breast break the suction first.

You can:

- slip your finger into your baby's mouth **OR**
- pull down on your baby's chin.

Get help right away if:

- your nipples are still painful after checking that your baby is latched and positioned on the breast properly.

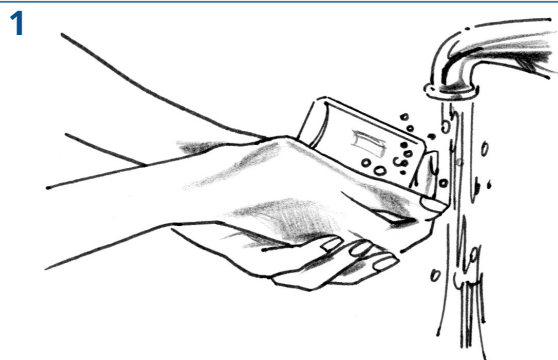
See the back of this book for phone numbers to call for breastfeeding help.

Expressing breast milk

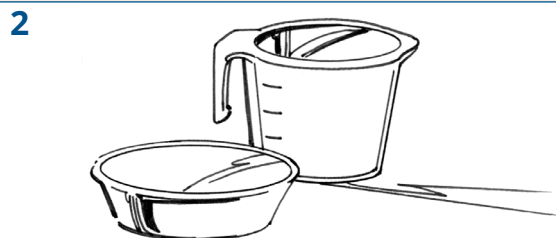
You may want to express breast milk if:

- your breasts are too hard for your baby to latch on.
- you want to give your baby breast milk when you are away from your baby.
- you need to increase your breast milk supply.

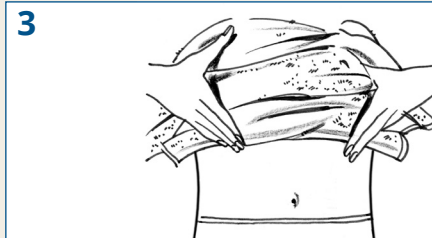
How to express breast milk by hand



1 Wash your hands with soap and water.



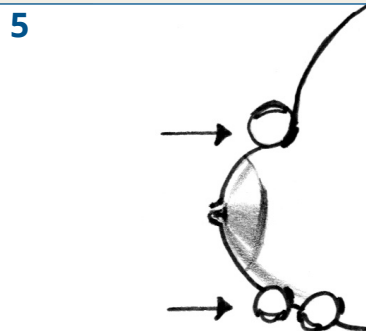
2 If your baby is healthy use a clean glass or hard plastic container to express your breast milk into. "Clean" means to wash in hot soapy water, rinse well with hot water and leave to air dry.



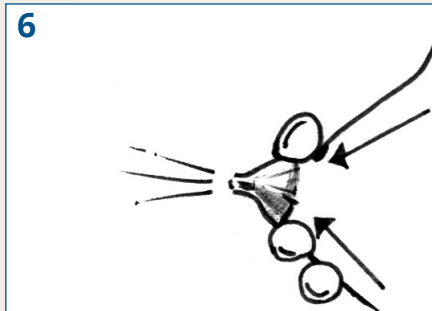
3 Place a warm towel on your breast for a few minutes. Then gently massage your breast towards the nipple. You may also gently roll your nipple between your thumb and finger until the milk leaks.



4 Place your thumb and first 2 fingers about 1-1 1/2 inches away from your nipple, or along the edge of the dark area.



5 Push your thumb and 2 fingers straight back toward your chest.



6 Roll your thumb and 2 fingers together.

- Repeat steps 4, 5 and 6 until the flow of milk slows down then switch to the other breast.
- Switch breasts a few more times whenever the flow of milk slows down. Be sure to move your thumb and 2 fingers along all areas around your nipple.
- Many mothers find it easier to express in the morning, when their breasts feel fullest or after breastfeeding the baby.
- You may only get a few drops when first learning to express. Expressing breast milk will get better and easier with practise.

Storing breast milk

Storing breast milk

- Freshly expressed breast milk can be stored at room temperature (less than 25°C or 77°F) for up to 6 hours.
- Freshly expressed breast milk must be cooled if not used within 6 hours of expressing, but it's best to cool right away if not using.

Containers for storing breast milk

- Use glass or hard plastic containers with an air-tight lid (for example, small jars and bottles with lids).
- Special breast milk freezer bags can also be used.
- Do not use bottle liner bags. These are thinner plastic bags that may break when frozen.

Cleaning the containers

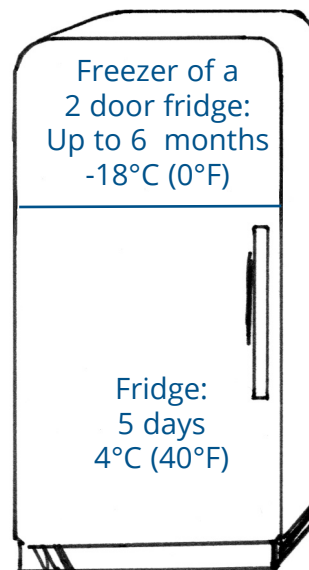
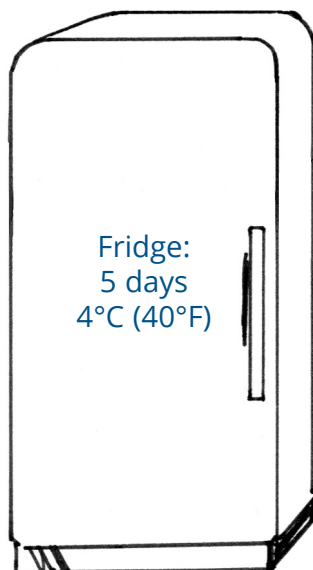
- For healthy babies wash containers in hot soapy water and rinse well with hot water. Let the containers air dry on a dry clean surface away from where food is made.

Tips for storing breast milk

- Label containers with date and time.
- Bottle nipples are not recommended as a lid because bacteria can enter through the nipple hole.
- Always cool freshly expressed milk before adding it to already cooled or frozen milk.
- Leave a ½ inch space at the top of the container when freezing, and freeze in approximate feeding portions.

If your baby is premature (born too early) or in the hospital, speak to your nurse about storing breast milk and cleaning containers. Sterilized containers may be provided by the hospital.

Breast milk can be stored in the following ways:



IMPORTANT:

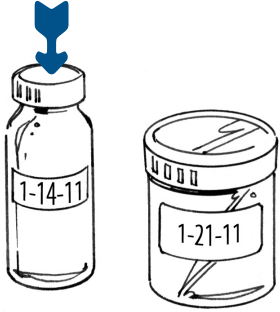
- Place containers at the back of the fridge and freezer where it is the coldest.
- After the storage time has passed, throw out the breast milk.



Thawing frozen breast milk

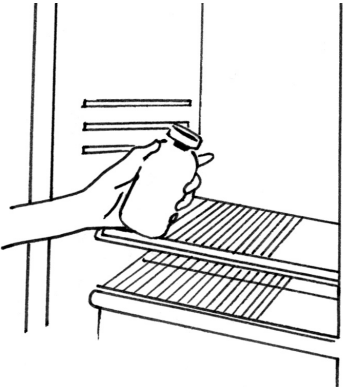
- Frozen breast milk that has been thawed can be kept in the fridge for 24 hours.
- Do not refreeze breast milk once it is thawed.

1 **Use first**



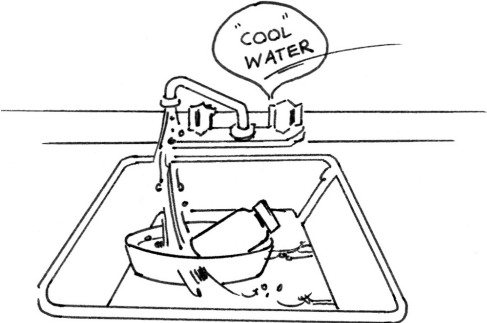
Check the date on the stored breast milk. Use the container with the oldest date first.

2



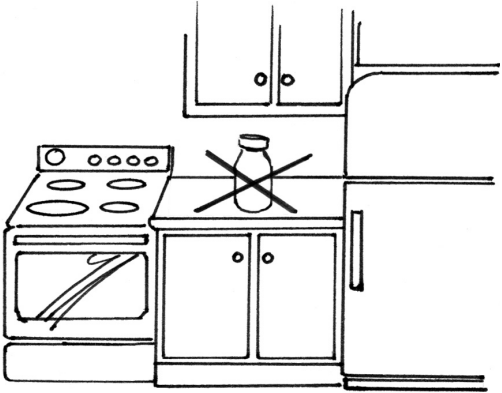
Thaw frozen breast milk by leaving it in the fridge for 4 hours OR . . .

3




...place container under cool running water. Once it has begun to thaw, run warm water to finish thawing.

4



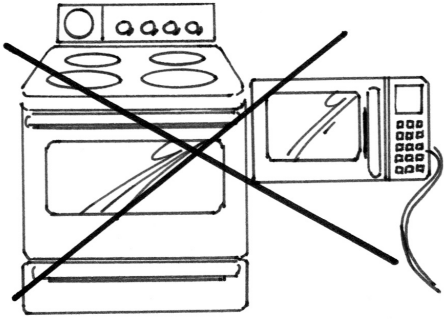
Never thaw at room temperature.

5



Warm breast milk by placing the container in a bowl of very warm water.

6



Do not thaw or heat breast milk on stove or in microwave. Do not refreeze breast milk once it is thawed.

Feeding tips

- Shake warmed breast milk and test the temperature on your wrist before using it.
- Hold your baby when feeding expressed breast milk.
- Make feedings an enjoyable time for you and your baby. Talk to your baby and give lots of smiles.
- Burp your baby as needed.
- Use warmed breast milk within 1 hour. Throw away leftover milk.

Questions about breastfeeding

- 1. Question:** When should I take my baby for a check-up after leaving the hospital?

Answer: Your baby should be seen by a nurse, midwife, lactation consultant or doctor 2-3 days after leaving the hospital. Your baby should then have a second check-up within 2 weeks after birth. This second check-up should be with your primary care provider.
- 2. Question:** What are “growth spurts”?

Answer: Growth spurts are times when your baby is growing quickly and will need to breastfeed more often. They happen at about 2 weeks, 6 weeks, 3 months and later. Breastfeeding more often will make more milk for your baby.
- 3. Question:** What are some signs that my baby is hungry?

Answer: Signs that your baby is hungry and needs to be breastfed:

 - fast eye movements under the eyelids as the baby begins to wake up to feed.
 - sucking and licking movements of the mouth.
 - putting hands to the mouth.
 - stretching and increased body movements.
 - making small sounds.

Breastfeed when your baby is calm and before they are too hungry and crying.
- 4. Question:** Should I give my baby vitamins?

Answer: Health Canada recommends giving all breastfed babies 400 IU of vitamin D every day. Talk to your primary health care provider or pharmacist about this.
- 5. Question:** Is it safe to breastfeed if I am sick and/or taking medicine?

Answer: In almost all cases it is safe to continue breastfeeding. Call a breastfeeding clinic, pharmacist or primary care provider for more information.
- 6. Question:** What should I eat or drink when I am breastfeeding?

Answer: You don’t need a special diet to breastfeed. People all over the world breastfeed while eating a variety of food and drink. Some people worry that their breast milk may be less nutritious because they don’t have a “perfect” diet. This is not true. Try to eat a balanced diet based on Canada’s Food Guide. You may be more hungry and thirsty than usual because breastfeeding uses energy.
- 7. Question:** What about smoking/vaping, drinking alcohol or using cannabis?

Answer: If you smoke or vape, it is best to stop when you are pregnant and breastfeeding. But, since breastfeeding gives some protection against many of the harmful effects of smoking, even if you don’t quit, it is still safest to breastfeed. For support to quit, see the information in the resources listed at the back of this booklet.

It is safest not to drink alcohol during breastfeeding, especially when your baby is very young. An occasional small drink can be okay if you plan for it carefully. See the resource on Alcohol and Breastfeeding in the resources at the back of this booklet.

There is no known safe amount of cannabis to use while pregnant or breastfeeding. For more information about cannabis, see the Resources page at the back of this booklet.
- 8. Question:** Where can I find help with breastfeeding?

Answer: Look at the back of this book.

Important resources during pregnancy and beyond

Prenatal Breastfeeding Class

Preparing for breastfeeding gives you confidence. One way you can prepare is to take a prenatal class. The Government of New Brunswick (GNB) offers a free, web-based Prenatal Breastfeeding Class. You and your family can access the course here: www.gnb.ca/breastfeeding

Community Resources

To find infant feeding resources and support services for your area see the Breastfeeding Support Services link here: www.gnb.ca/breastfeeding

Other Helpful Resources

Safe Sleep for Your Baby

You and anyone who cares for your baby should learn about safe sleep, for every sleep. For more information visit: <https://www.canada.ca/en/public-health/services/health-promotion/childhood-adolescence/stages-childhood/infancy-birth-two-years/safe-sleep/safe-sleep-your-baby-brochure.html>

Government of New Brunswick Education and Early Childhood Development

This webpage has information for parents and families, including how to access the **Prenatal and Postnatal Benefit Programs**. These programs provide financial support for some pregnant women and new mothers to help with the cost of food. For more information, and to see if you qualify, visit <https://www.gnb.ca/childcare>

Smoking, Vaping, Cannabis and Alcohol Use Quitting Smoking

<https://www.canada.ca/en/health-canada/services/smoking-tobacco/quit-smoking/provincial-territorial-services.html>

Is cannabis safe during preconception, pregnancy and breastfeeding?

<https://www.canada.ca/en/health-canada/services/publications/drugs-health-products/is-cannabis-safe-during-preconception-pregnancy-breastfeeding.html>

Risks of Cannabis on Fertility, Pregnancy, Breastfeeding and Parenting (free download)

<https://resources.beststart.org/product/a30e-risks-of-cannabis-booklet/>

Alcohol and Breastfeeding (free download)

<https://resources.beststart.org/product/a21e-mixing-alcohol-and-breastfeeding-brochure/>

These resources can be found here:

