

HOW DO BABIES SIGNAL HUNGER?

A good time to offer your breast is when the baby

- Sticks out tongue
- Opens and closes mouth
- Sucks fingers
- Smacks lips, opens mouth wide open

Hurry to offer your breast when the baby

- Turns head restlessly from side to side
- Pokes nose searching for the nipple

We're late!

You may need to calm the baby down before offering your breast if he is already crying.

BABY KNOWS BEST

- Take the baby to the breast at the earliest sign of hunger
- Allow the baby to eat as often as she wishes
- Allow the baby to eat as long as he wishes
- No schedules on breastfeeding
 - You may schedule expressing milk and feeding expressed milk

HOW DO I KNOW THE BABY GETS ENOUGH BREAST MILK?

- The baby eats at her own pace, at least 8–12 times a day. The baby may eat more often than this as well.
- The baby sucks efficiently and swallows milk.
- The baby wets his diapers at least five times a day from their fourth day onwards.
- In the first weeks, the baby passes poo every day.
- The baby's weight does not decrease more than 10% in the first days, and later on, it increases at least 140 grams per week.

WHAT IS A GOOD LATCH LIKE?

- The baby's mouth is wide open
- The baby's chin touches mother's breast
- The nipple is deep inside the baby's mouth
- Breastfeeding shouldn't hurt. If pain occurs, it should appear only in the beginning, with the baby's first sucks. The pain should not continue nor increase throughout the feeding session.
- After breastfeeding, the nipple should not be flattened or have changed colour

NURSE WILL ALSO CHECK THAT

- Baby's bottom lip turns outward
- More areola is visible on the side of the baby's nose than on the side of their chin.

WHAT IS A GOOD BREASTFEEDING POSITION?

The baby has

- Ears, shoulders and hips in a straight line, their body or head are not twisted
- Head slightly tilted back
- Body close to the mother's (move the baby towards the mother, not the breast towards the baby)
- Hands on both sides of the breast
- Support behind shoulders and back so that she can move her head freely
- Nose on the breast level when he searches for the nipple

The mother has

- A comfortable position, back supported well
- Feet firmly on the ground or on a foot stool when sitting down
- If necessary, a pillow or pillows to support the arms (pillows support the mother, not the baby)

WHAT IS EFFICIENT SUCKING LIKE?

- The baby sucks calmly
- The suction feels strong
- The latch does not slip
- No repeated suction sounds (smacking or clicking)
- Cheeks remain puffy
- You can notice the baby swallows milk
- Once milk comes in, the baby holds a small break between a suck and a swallow when their mouth is full of milk.