

Breastfeeding-in-a-Bag: Welcome, we'll talk about benefits of breastfeeding and what to expect in the first few weeks. Let's just start by going around and introducing ourselves and how far along you are in your pregnancy. Feel free to ask questions along the way. Pick items out of the bag and begin activity:

Kleenex	Colostrum	Belly Balls	Breast	Baby	Shirt	Diaper
<p>Babies who are breastfed need less Kleenex because they get fewer allergies and viruses</p> <p>What else have you heard about breastfeeding being healthy for baby?</p> <ul style="list-style-type: none"> • Fewer ear infections, asthma • Less gas, constipation, and diarrhea • Lower chance of being overweight or developing diabetes • Helps brain cells <p>For mom?</p> <ul style="list-style-type: none"> • Lose weight quicker • Lower risk of some cancers 	<p>It's the first breastmilk</p> <p>What have you heard about colostrum?</p> <ul style="list-style-type: none"> • Many nutrients • Helps build immune system <p>What do you notice about the amount?</p> <ul style="list-style-type: none"> • Small amount is normal. Some moms worry they are not producing enough milk because it's hard to see or feel colostrum, but don't worry, just keep breastfeeding. • Colostrum is all your baby needs 	<p>How big is baby's tummy on the first day?</p> <p>Small amount of colostrum will fill this up quickly (show demo ball)</p> <p>On the third day, how big is baby's tummy?</p> <p>Ping pong ball - Small stomach means often feedings – 8-12 times in 24 hours. Watch the baby for feeding cues, not the clock</p> <p>Over the first 2 weeks, it gets easier. What happens to baby's tummy?</p> <p>It grows and your milk supply grows the more you breastfeed</p>	<p>Which part do we want baby to latch onto – the nipple or the areola (dark part)?</p> <p>Areola</p> <p>How will baby's mouth look to get much of the areola?</p> <p>Wide open, like yawning, lips curled out</p> <p>What happens if baby latches just the nipple?</p> <p>It will feel painful – baby won't get enough milk (A slight discomfort for the first 30 seconds is normal even with a good latch but should go away)</p>	<p>How can you hold the baby to aid in breastfeeding?</p> <ul style="list-style-type: none"> • Tummy to tummy so baby doesn't have to turn their head • Close in, so baby can latch onto more than the nipple • Try reclining, laying on your side, or tucking them under your arm instead of leaning in/over <p>What are early signs of baby's hunger?</p> <ul style="list-style-type: none"> • Hands in mouth, rooting, sucking, squirming • Crying is a VERY late sign and waiting until this point makes breastfeeding more difficult 	<p>What is skin-to-skin or what does it sound like?</p> <ul style="list-style-type: none"> • No shirts on mom or baby – blanket over their back it okay • Best to do right after birth to stabilize baby and initiate breastfeeding • May be useful in the first couple weeks while you both learn to breastfeed • Helps baby's latch, increases hormones that make milk, and calms baby and mom 	<p>How do I know if my baby is getting enough?</p> <p>What can we look at?</p> <ul style="list-style-type: none"> • Diaper – By the end of the first week: 6+ wet and 3+ poopy diapers in 24hrs <p>How will baby look or act?</p> <ul style="list-style-type: none"> • Your baby will grow and gain weight – note it's normal to lose in the first few days, but regains birth weight in the first 2 weeks • Your baby will look satisfied and content after feedings

Offer breastfeeding resources – encourage moms to come in ASAP after delivery and to call for any concerns. Explain the Breastfeeding Peer Counselor Program. Give them the 24/7 Breastfeeding hotline phone # and offer the Breastfeeding - Keep It Simple Book. Thank and affirm 😊