

## **How do I know if My Baby is Getting Enough Milk?**

### **Initial Assessment:**

Does nursing feel good?

Does the baby create a vacuum around the areola?

Do you hear audible sucking ( caa... caa...) sounds?

Is there a wiggle below the ear lobe ...for a suck?

Does the baby's chin drop down ...for a swallow?

Does the baby have one suck and then one swallow?

### **Final Assessment:**

Does the baby have six to ten wet diapers daily?\*

Does the baby have two to five dirty diapers daily?\*

Is the baby gaining weight ( $\frac{1}{2}$  an ounce to 1 ounce a day)?

Does the baby look into Mom's eyes while nursing?

Do you allow the baby to come off the breast itself?

**If one answers "YES" to the above questions, the baby more than likely is receiving the satiety value of Mom's milk, the transfer of milk and is receiving enough of Mom's breast milk.**

\* At two weeks and beyond

## Other Tidbits

### When is the baby hungry/When does one Nurse?

LOOK for the subtle cues:

~Baby's hands are in a fist.

~Baby's hands are in mouth.

~Baby is cooing (the baby is saying Mommy I am hungry).\*

~Don't wait for the baby to CRY to nurse.

**THIS IS NOT A SUBTLE CUE!**

**THIS IS WHEN THE BABY IS DEMANDING TO NURSE!**

~For a New Mom it may be best to start to nurse soon after the baby wakes up ... when the baby is in quiet state (not active) or when the baby is in an active state (moving arms and legs)

**BEFORE HANDS ARE IN A FIST**

### When should the baby be burped?

Most breastfed baby's don't need to be burped.

The baby will come off the breast itself when the baby needs to be burped.

Some baby's will only come off the breast only once during a feeding and others will come off about 4 times during a feeding.

When the baby is nursing and all of a sudden the baby comes off the breast,

this means the baby needs to be burped. So burp the baby. After the baby burps, kiss the baby on the head which means the baby did a great job.

Massage the same breast/compress milk out on to the nipple and offer the same breast again. If one burps the baby at the end of the feeding, this may wake up the baby. Then Mom will have to continue to breastfeed all over again.

If the baby needs to burp at the end of the feeding, in most cases the baby will burp itself on its own.

\*Around two weeks

## **LOOK AT THE BABY'S HANDS**

When the baby's hands are in a fist ... Baby is hungry.  
When one hand is opened the baby's tummy is half full.  
When both hands are opened the baby's tummy is full.

### **When is the end of the feeding/nursing session?**

1. Baby's eyes are closed
2. Baby is no long sucking & swallowing ... because
3. The baby is asleep
4. Both hands of the baby are opened and relaxed
5. The baby pops off the breast itself

After the baby pops off itself ... **DO NOT MOVE THE BABY!**  
**HOLD THE BABY FOR A GOOD TEN MINUTES UNTIL THE BABY  
IS IN A DEEP SLEEP**

**THEN GENTLY PLACE THE BABY**

**Crying is not Good for the Baby**

- ~elevates the heart rate
- ~increases systolic/diastolic pressure
- ~impairs circulation to the brain
- ~reduces arterial oxygen
- ~risks of possible intracranial hemorrhage
- ~elevates cortisol (immunosuppressant/weakening ability to fight infection)
- ~disorganizes behavior
- ~disrupts digestion processes
- ~unable to make eye contact

**~unable to effectively breastfeed**

**~ a sign of distress**

**~demanding attention**

Walker, Marsha RN IBCLC, Breastfeeding Management for the Clinician Using the Evidence, Jones & Bartlett Publishers

### **Expressing Milk Manually**

1. Before expressing your milk. It is important that one washes their hands & nails thoroughly.
2. Massage your breast around your areola in a circular motion and then continue to massage outward until your breast is completely soft.\* Lean forward from your waist. Gravity will facilitate in emptying out the breasts. Jiggle your breast in your hands towards the floor and then stimulating your nipple by stroking your nipple a few times with your clean nails. Stimulating your nipple will produce more milk.
3. Place your **thumb** about 1 -  $\frac{1}{2}$  inches North of your areola @ 12 o'clock and then place your **index** finger 1 -  $\frac{1}{2}$  inches South of your areola @ 6 o'clock. Your **thumb & index** finger should form a C. Place the rest of your fingers underneath your breast.
4. Press your **thumb & index** finger into your chest, then compress or squeeze the **thumb & index** finger together, lastly roll the thumb down towards the floor promoting the nipple to stretch. Rolling the thumb towards the floor aids in releasing the milk. Continue this until this lactiferous duct is emptied.
5. Then place your **thumb** 1-  $\frac{1}{2}$  inches East of your areola @ 9 o'clock & your

**index** finger 1-  $\frac{1}{2}$  inches West of your areola @3 o'clock. Then repeat 4. Continue this until this lactiferous duct is emptied. Continue to express your breast @ all the other times of the clock or ducts around your breast.

6. It is best to empty out **every** duct. The **amount** of milk that is emptied is the **same amount** that will fill back into your breast. Be sure to empty your breastmilk in a sanitary container.
7. When both breasts are emptied at the same time, this produces more milk. Manual expression is easy to learn rather than using a pump and it is cost effective \*Other Massaging Methods: Use palm of hands or a fist (below the knuckles) under arms & side of breast in circular motion to soften breasts.