



NAIDA HAKWINS

RN/IBCLC

Naida Hawkins is a Registered Nurse and International Board Certified Lactation Consultant. Her passion is assisting families as they bring life into this world.

These are her words and are not to be taken as substitute for medical advice.



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Naida's Notes

FOR DAY 0-3

DAY 0 - HAPPY BIRTHDAY!

**FEED BABY/STIMULATE BREAST
ASAP AFTER DELIVERY**

Vaginal Birth

If baby is skin to skin assist baby to breastfeed. If baby is too tired by a half hour after birth hand express and spoon feed baby the colostrum you are able to harvest (probably drops).

If baby needs extra food, you may have colostrum stored from prenatally expressing frozen-it can be such a whirlwind experience that parents can forget they have brought their own colostrum!

C Section

Breastfeed when possible and hand massage/express breasts if baby is unable to breastfeed, or if you are separated from baby.

If baby needs extra food, you may have colostrum from prenatally expressing frozen-it can be such a whirlwind experience that parents can forget they have brought their own colostrum!

Ideal vs Real

Remember this is ideally what will happen and is not always what really happens. If you end up in a real, rather than ideal situation such as general anesthetic c-section, DO NOT STRESS!! Do what you can when you can!

If you are separated from your baby, start hand expression as soon as possible!



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Naida's Notes

FOR DAY 0-3

DAY 0 (CONTINUED)- HAPPY BIRTHDAY!

FEED BABY/STIMULATE BREAST EVER 2-3 HOURS

Restorative Sleep

After birth it is common for babies to have a deep restorative sleep. If you can sleep at this time, that is a good idea!

Baby is 6 Hours Old

It is normal for baby to be very sleepy and not able to wake up, start hand expressing and collect small drops of colostrum by spoon and place these tiny drops in your baby's mouth (they absorb energy from colostrum even in just their mouth). This often gives them enough energy to wake up and feed well.

Practice breast feeding (see the scoop on latching document) for 10-15 minutes. Then hand express for 15 minutes and feed any extra colostrum you harvest to your baby by spoon. Remember we are stimulating milk making cells (which helps your body to make more milk sooner) the volume of colostrum collected is not as important.

If baby needs extra food, you may have colostrum stored from prenatally expressing frozen-it can be such a whirlwind experience that parents can forget they have brought their own colostrum!

Remember today their tummy is the size of a small marble. They are meant to have small feeds and colostrum is packed full of everything they need-we are dealing with the drops today-that is ok!

The more stimulation through hand expression and breastfeeding in the first 24 hours the sooner your milk "will come in" and the more milk you will have (more milk sooner!)

Ideal vs Real

Remember this is ideally what will happen and is not always what really happens. If you end up in a real, rather than ideal situation such as general anesthetic c-section, DO NOT STRESS!! Do what you can when you can!



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Naida's Notes

FOR DAY 0-3

DAY 0 (CONTINUED)- HAPPY BIRTHDAY!

FEED BABY/STIMULATE BREAST EVERY 2-3 HOURS

Feed Baby Every 2-3 Hours

If your baby is sleepy, unbundle them to just their diaper, start hand expressing and give them some tiny drops of colostrum by hand expression.

Practice breastfeeding for 10-15 minutes and then finish with 10-15 minutes of hand expression and spoon feeding any extra colostrum you harvest. Bounce back and forth between breasts every two minutes (see hand expression after birth hand out).

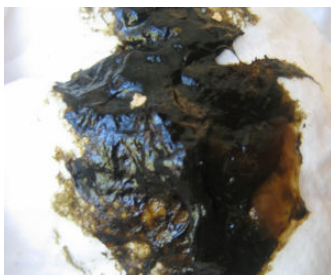
Remember babies are very tired from their part of the journey of being born.

Remember to do lots of skin to skin snuggling!

Make note of your babies pees and poops-its a great indicator of what they are taking in.

Repeat every 2-3 hours.

Colostrum is the learning milk-it helps the baby to learn suck-swallow-breathe. It is just what your baby needs! It might seem like a nice idea to be spraying milk everywhere on day one but would be overwhelming for your baby.



This is an example of what your baby's first poop will look like!



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Naida's Notes

FOR DAY 0-3

DAY 1 THE DAY AFTER BIRTHDAY

FEED BABY/STIMULATE BREAST EVERY 2-3 HOURS

Feed Baby Every 2-3 Hours

If your baby is sleepy, unbundle them to just their diaper, start hand expressing and give them some tiny drops of colostrum by hand expression.

Practice breastfeeding for 10-15 minutes and then finish with 10-15 minutes of hand expression and spoon feeding any extra colostrum you harvest. Bounce back and forth between breasts every two minutes (see hand expression after birth hand out).

Remember to do lots of skin to skin snuggling!

Make note of your babies pees and poops-its a great indicator of what they are taking in.

Repeat every 2-3 hours.

Your baby may be very awake and want to feed a lot today-this is what they have to do to bring milk in-it is normal!

Your baby's tummy is still very small (about the size of a cherry).

What about feeding on demand?

Feeding on demand is a concept to feed babies when they ask-it is an amazing concept but only once they are 2 weeks old and understand how and when to eat. If we only feed them in the first few days when they demand to be fed, they risk sleeping through feeds and not getting enough to thrive and your breasts are at risk of not getting enough stimulation to bring in your mature milk in a timely manner

Babies are expected to lose some weight after birth and with good feeding will regain that weight by 2 weeks.



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Naida's Notes

FOR DAY 0-3

DAY 2-3

FEED BABY/STIMULATE BREAST EVERY 2-3 HOURS

Feed Baby Every 2-3 Hours

If your baby is sleepy, unbundle them to just their diaper, start hand expressing and give them some tiny drops of colostrum by hand expression.

Practice breastfeeding for 10-15 minutes and then finish with 10-15 minutes of hand expression and spoon feeding any extra colostrum you harvest. Bounce back and forth between breasts every two minutes (see hand expression after birth hand out).

Remember to do lots of skin to skin snuggling!

Make note of your babies pees and poops-its a great indicator of what they are taking in.

Repeat every 2-3 hours.

Your baby may be very awake and want to feed a lot today-this is what they have to do to bring milk in-it is normal!

Your baby's tummy is still very small (about the size of a apricot-small egg, think about as adults, our tummies are the size of our fists-similar to babies).

You will notice baby is better at feeding and you will know when you can stop giving extra with hand expression-because they are feeding well (see scoop on latching document)



**This is what your
baby's poop
will look like as
your milk comes in**