

Body Feeding Essentials

Key Take Aways

Feeding Cues

Notice when your newborn is asleep and their eyes, although closed, start moving. This is called REM sleep. It's a great time to initiate a feeding. Additionally, look for the following cues: rooting, flexing of the legs and arms, clenched fists, mouthing of the lips and tongue, and sucking on the hands.

Building an Adequate Supply

Look for your baby's feeding cues and follow them. Breastfed or chestfed infants must be fed a minimum of 10-12 times within a 24 hour period. For an adequate supply, it is essential to feed your baby on cue between the hours of 10PM-4AM.

Skin to Skin

If you are struggling to latch your baby and feel that you may need a reset, try skin to skin. Bring your baby to the breast or chest and begin to notice their movements and cues. The following can be helpful when positioning your baby:

"Nose to Nipple,
Tummy to Tummy,
Flex the Hips to Open the Lips."

Benefits

Breast or chestfeeding is amazing for the lactating individual!

It can lower your risk of postpartum depression as well as your risk of endometrial or ovarian cancer, stroke, heart attack, breast cancer and diabetes later in life.

Reminders

You know your baby best.

If something feels wrong or off to you, follow that voice and reach out for support.

You are doing an excellent job.

Try to ignore the noise. There is tons of misinformation out there! You are amazing and you are exactly what your baby needs.

Postpartum Nurture Co.

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