

# BREASTFEEDING EARLY JOURNEY MAP



## SETTLING IN

- **CHECK IN** with your breastfeeding support even if you are not having trouble
- Expect growth spurts or changes in feeding patterns sometimes
- Try wearing baby in a sling or wrap to free your hands while keeping them close
- Give you and baby patience while you find your rhythm
- Start to get to know your pump and store bags for later
- Be sure to go to your and baby's follow-up appointments



## LOOKING AHEAD

- **REMEMBER** to take care of your needs: listen to your body and rest when it says STOP
- Usually, no special diet is needed, but eating well and drinking water helps to keep up the energy that is burned by breastfeeding
- Stay connected to support like family, friends, and other parents who can help when needed
- Take time for yourself, even if it's a few quiet moments a day
- Seek help at the first signs of trouble
- Celebrate that you are doing something amazing for your little one!

### LOCAL LC RESOURCES FOR PARENTS:

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## PREGNANCY



- **LEARN** all that you can about how breastfeeding is good for you and baby
- Take a prenatal parenting class that teaches about breastfeeding
- Ask about your hospital or birthing center's breastfeeding support
- Find a breastfeeding support group that meets near you
- Ask your insurance or WIC for a pump
- Seek childcare that is supportive of breastfeeding

## BIRTH (DAYS 1-3)

- Give baby skin to skin early and often
- Allow baby and yourself time to **ADJUST** to latching
- Ask for help!
- Place baby tummy to tummy, nipple to nose, wait for their mouth to open wide, then fill with nipple!
- Colostrum is first milk for tiny tummies! (See the newborn tummy size chart on the back)
- Baby will be very sleepy for the first few days, and may need help to stay awake and feed regularly
- Goal: 1-3 (black then green) poops per day, and several pees



## NEWBORN TUMMY SIZE



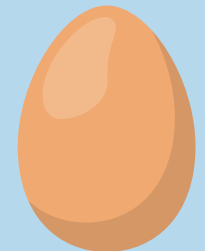
**DAY 1:**  
5-7 ml is about the size of a large marble or a cherry



**DAY 3:**  
22-27 ml is about the size of a ping pong ball or a walnut



**ONE WEEK:**  
45-60 ml is the size of an apricot or plum



**ONE MONTH:**  
80-150 ml is about the size of a large chicken egg

## FIRST DAYS AT HOME

- Expect baby to be more awake and fussy
- Be patient with yourself and baby
- Offer of skin to skin and snuggles
- Allow baby to latch whenever they want
- **ASK** for help if you have any questions, pain, or doubt!
- Aim for at least 10-12 feedings a day - watching baby, not the clock
- Take care of yourself: Eat when hungry, drink when thirsty, rest whenever you can
- Goal: 4+ (brown then yellow) poops per day, and several pees

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