

Milk Educational Program RESOURCES

Parents & Caregivers

with the support of



SIGNS THAT FEEDING IS GOING WELL									
Your Baby's Age	1 WEEK	2 WEEKS	3 WEEKS	4 WEEKS	5 WEEKS	6 WEEKS	7 WEEKS	8 WEEKS	9 WEEKS
How Often Should Your Baby Eat? Per day, on average over 24 hours	8-12	8-10	7-9	6-8	5-7	4-6	3-5	3-4	3-4
Your Baby's Tummy Size	Size of a cherry	Size of a walnut	Size of an apricot	Size of an egg					
Wet Diapers: How Many, How Wet? Per day, on average over 24 hours	At least 1	At least 2	At least 3	At least 4	At least 5	At least 6	At least 7	At least 8	At least 9
Solid Diapers: Number and Colour of Stools Per day, on average over 24 hours	At least 1 to 2 BLACK OR DARK GREEN	At least 2 BROWN, GREEN, OR YELLOW	At least 3 YELLOW	At least 3 YELLOW	At least 3 YELLOW	At least 3 YELLOW	At least 3 YELLOW	At least 3 YELLOW	At least 3 YELLOW
Your Baby's Weight	Most babies lose a bit of weight in the first 5 days after birth.			From day 6 onward, most babies gain weight regularly.					
Other Signs	Your baby should have a strong cry, move actively and wake easily. Your breasts feel softer and less full after breastfeed.								
Best start, middle support, last resort	Breast milk is all the food a baby needs for the first six months. You can get advice, help and support from: • Your health care provider • TakeHealth Ontario's specialized breastfeeding services support line 1-866-797-0000 or TTY at 1-866-797-0000 • Breastfeeding Ontario's specialized breastfeeding services support line 1-866-797-0000 or TTY at 1-866-797-0000								

CUP FEEDING

A BABY NOT FED AT THE BREAST CAN BE FED WITHOUT A BOTTLE

Cup feeding can be used from birth. It is suitable for both expressed breastmilk and infant formula. You can use any clean, open cup with a smooth surface. Cup feeding has no notable difference to bottles for average time per feed. Cups are safer than bottles. Bottle teats and screw tops trap germs that can get into the milk and make babies ill. Cups are easily cleaned with washing in hot soapy water, and do not need sterilizing like bottles. In emergencies, use disposable cups.

Feeding time is bonding time - lots of cuddles, eye-contact, smiling, humming and singing.

CUP FEEDING IS AS EASY AS 1-2-3!

1. Sit baby upright on your lap and support their back and neck. With small babies it can help to wrap their hands in a cloth, to keep their hands still.
2. Hold a small cup of milk to rest the rim lightly on baby's lower lip. Then tilt the cup, keeping the milk at the rim of the cup, just in reach of baby's mouth.
3. Go Slow. DO NOT POUR the milk into baby's mouth. Always let baby lead the pace of sips, swallows and pauses. Still keep the milk just at the rim of the cup.

DRIP-DROP FEEDING

METHOD FOR MOVING TOWARDS BREASTFEEDING

Maybe you didn't start breastfeeding or stopped earlier than you wanted: reach out for support in re-lactation/induced lactation.

Drip-Drop Feeding encourages babies to suckle at the breast. It helps you produce more milk through breast-ripple stimulation and makes moving from bottle to breast easier.

Every drop of breastmilk is precious, protecting your baby against germs that can make them sick. Breastfeeding saves lives, especially during emergencies.

Motivation, determination, perseverance and support are vital. The breast should be a comforting and nurturing place for baby. Do not force-feed baby. Express breastmilk, or use breastmilk from a healthy wet nurse, or donor milk from a milk bank. If these options aren't available to you, use a breastmilk substitute (formula), as the last option. Drip-drop method takes practice, and it helps to have some assistance.

DRIP-DROP FEEDING IS AS EASY AS 1-2-3!

SKIN-TO-SKIN CONTACT

FOR BABIES & YOUNG CHILDREN

Skin-to-Skin Contact (SSC) is a method of nurturing care where baby is undressed and cuddled in a safe position, between a mother's bare breasts.

- In SSC, babies feel like they're back in the womb, safe and connected. The love hormone, oxytocin, is released and releases mother and child. Helpful in stressful times, and during emergencies, SSC reduces risk of depression, and aids bonding. SSC calms a crying baby, and partners can do SSC too!
- Babies should receive at least 90 minutes of SSC at birth. Continuous SSC is life-saving care for small/premature babies.
- SSC benefits babies and young children long after the newborn period. The more hours spent in SSC, the greater the benefit to mothers and babies. SSC helps to address many breastfeeding issues, and is a proven method to increase breastmilk supply.

AMAZING FACT: Maternal body responds to her baby's needs, even providing a unique experience for each birth. Studies have shown that when holding one baby on each breast, the mother's individual breast temperature drops or lowers to meet the need of each baby.

SKIN-TO-SKIN IS AS EASY AS 1-2-3!

EMERGENCY KIT

ACTION YOU CAN TAKE NOW TO PROTECT YOUR LITTLE ONES

BREASTFED BABY

From 6 to 23 months old

Basic Items: Disposable diapers, Baby wipes, Snacks, Non-porbable food and utensils, Boiled water, Hand sanitizer and soap.

Find community breastfeeding support: In Quebec (by region): mouvementallaitement.org/resources Elsewhere in Canada: safelyfed.ca/canadian-breastfeeding-resource

For a breastfed baby, do not include commercial infant formula. Offering commercial infant formula to a breastfed baby is not recommended. Breastfeeding is the safest and easiest way to feed babies in an emergency. The risks of commercial infant formula are increased in emergency situations, as health services and safe conditions may be difficult to access. Contact information for local breastfeeding supports should be added to a family's emergency kit.

FORMULA-FED BABY

Until 12 months old

Basic Items: Disposable diapers, Baby wipes, Hand sanitizer and soap.

Stock ready-to-feed formula in your emergency kit, even if it is not what you normally use. If ready-to-feed formula is not available, concentrate or powder may be used. Both these products require extra materials to prepare and increase the risk of contamination. What's needed:
• 1 L clean water, boiled and cooled (to room temp for concentrate or to 70°C for powder)
• Measuring cup
• Pail for boiling water and equipment
• Sterile and food
• 24 L clean water/day
Never prepare infant formula in a swimming pool.

From 6 to 23 months old

Basic Items: Disposable diapers, Baby wipes, Snacks, Non-porbable food and utensils, Boiled water.

EMERGENCY KIT: What's needed for little ones MAQ and SafelyFed Canada (2021) Also in French

INCREASING BREASTMILK SUPPLY

METHODS FOR BOOSTING PRODUCTION

In pregnancy, our bodies grow our babies, giving them exactly what they need to thrive. After birth, our bodies continue to grow our children by producing human milk for nutrition, immunity, food security and nurturing care.

Milk production is driven by supply & demand. The more milk the baby drinks, the more milk our body makes.

A well latched newborn baby, frequently breastfeeding on demand, will produce plentiful milk, even during stressful times like emergencies. Lots of skin-to-skin contact, reduces stress and increases breastmilk supply.

Did you know that too little supply is not the most common concern of mothers looking to breastfeed? Get on top of breastfeeding and want to get through lactation or an initial feeding, and want to build up your milk supply, reach out to a breastfeeding consultant for help.

INCREASING MILK SUPPLY IS AS EASY AS 1-2-3!

1. **SKIN-TO-SKIN CONTACT**
Cuddle your newborn baby upright between your bare breasts, with a blanket to cover you both if the room is cool. Ensure baby's airway is clear. Skin-to-skin contact stimulates the release of the "love hormone" in both you and your baby. It reassures and encourages milk to flow.
2. **FREQUENT BREASTFEEDING**
While skin-to-skin, breastfeed often and whenever the baby is willing. Don't wait for the baby to cry or fuss to offer the breast. Ensure that the baby has a deep and comfortable latch and good position. "Latch" is country, nipple-to-nose.
3. **BLIND COMPRESSION**
Empiring the breast more full each feeding makes more milk when your fingers under your breast with your thumb on the side behind the areola (slender skin) Press gently until you feel the baby begins to swallow. Reduce when your baby stops drinking.

Follow baby's lead and respond to their cues. See the "Skin-to-Skin Contact" handout for tips and important safety information.

Stay skin-to-skin for as much of the day as you desire, the more the better.

Aim for at least 10-12 breastfeedings from sunset to sunset, including night feeds. Keep baby feeding through compression and swaddling sides.

Safe and effective. See www.cdc.gov/nutrition/emergencies/infant-feeding/hand-expression.html for more information.

SafelyFed Canada | la Leche League International

Hand Expression

Expressible link: www.cdc.gov/nutrition/emergencies/infant-feeding/hand-expression.html

Expressing breast milk by hand is an important skill for lactating women to learn, especially in case of an emergency. Hand expression can be helpful in emergency situations when you may not have access to a breast pump, electricity for a breast pump, or if you are away from your baby unexpectedly.



Resources are available in additional Languages: LLLI or SafelyFed Canada