



THE NEWBORN

Feeding Guide

Breastfeeding Basics
Pumping Guide
Formula Feeding Basics

Newborn Breastfeeding Basics

from The American Academy of Pediatrics

Types of Breastfeeders

Each baby has a particular style of feeding. Researchers at Yale University attached names to five common eating styles in newborns.

- Barracudas get right down to business. As soon as they're put to the breast, they grasp the areola and suck energetically for ten to twenty minutes. They usually become less eager as time goes on.
- Excited ineffective nursers become frantic at the sight of the breast. In a frenzied cycle they grasp it, lose it, and start screaming in frustration. They must be calmed down several times during each feeding. The key to nourishing this type of baby is to feed them as soon as they wake up, before they get desperately hungry. Also, if the milk tends to spray from the breast as the baby struggles, it may help to manually express a few drops first to slow the stream.
- Procrastinators can't be bothered with nursing until the milk supply increases, commonly referred to as "coming in." These babies shouldn't be given bottles of water or formula, as feeding them bottles may make it more difficult to get them to nurse at the breast. You should continue to put them to the breast regularly, whenever they appear alert or make mouthing movements.
- Reluctant nursers sometimes benefit from being placed naked on the reclining mother's bare abdomen and chest for a period of time. They may spontaneously move toward the breast, or they can be placed on the breast after a time. You may find advice on improved positioning and attachment from a lactation specialist helpful. For a baby who resists nursing for the first few days, you can use an electric pump between feedings to stimulate milk production. Just don't give up! Contact your pediatrician's office for assistance or referral to a lactation specialist.
- Gourmets or mouthers insist on playing with the nipple, tasting the milk first and smacking their lips before digging in. If hurried or prodded, they become furious and scream in protest. The best solution is tolerance. After a few minutes of playing, they do settle down and nurse well. Just be sure the lips and gums are on the areola and not on the nipple.
- Resters prefer to nurse for a few minutes, rest a few minutes, and resume nursing. Some fall asleep on the breast, nap for half an hour or so, and then awaken ready for dessert. This pattern can be confusing, but these babies cannot be hurried. The solution? It's best just to schedule extra time for feedings and remain as flexible as possible.

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How to Tell if Your Breastfed Baby is Getting Enough Milk

How fast babies gain weight, how many wet and dirty diapers they have, and how long they seem satisfied after nursing are good clues. A well nourished newborn should:

- Lose no more than 7% of birthweight in the first few days after birth before starting to gain weight again.
- Have one or two bowel movements per day on days one and two, with blackish, tarry stools, and at least two stools that are beginning to appear greenish to yellow on days three and four.
- By five to seven days, your baby's stools should be yellow and loose, with small curds, and should number at least three to four per day. When your milk production increases, your baby will often produce stool with each feeding for the first month of life.
- Have six or more wet diapers per day, with nearly colorless or pale yellow urine, by five to seven days.
- Seem satisfied and happy for an average of one to three hours between feedings.
- Nurse at least eight to twelve times every twenty-four hours.

How Much Breast Milk Should Your Newborn Consume

- Most newborns eat every 2 to 3 hours, or 8 to 12 times every 24 hours. Babies might only take in half ounce per feeding for the first day or two of life, but after that will usually drink 1 to 2 ounces at each feeding. This amount increases to 2 to 3 ounces by 2 weeks of age.
- At about 2 months of age, babies usually take 4 to 5 ounces per feeding every 3 to 4 hours.
- At 4 months, babies usually take 4 to 6 ounces per feeding.

Pumping Guide

Preparing a Milk Supply

Figuring out how much milk you need to pump for while you are away (or sleeping!)

General Estimates & Info

Remember, any information and/or recommendations from baby's pediatrician supersede anything in this workbook, as she knows your baby best.

Average breastmilk intake between one to six months= 25oz* per day

Range typically 20-40 oz/24 hrs with more babies towards the lower end of that range

Average amount of breastmilk per feed between one to six months= 3 oz

Babies who take breast milk from a bottle typically consume slightly more per feed

Side note: During the first month of life baby rapidly increases the number of ounces they consume. However, after that their rate of growth then slows considerably, and thus they consume about the same from month one to six. Once baby starts taking in solid foods, the amount of breastmilk they consume typically drops.

*Kent, J. C., Mitoulas, L. R., Cregan, M. D., Ramsay, D. T., Doherty, D. A., & Hartmann, P. E. (2006). Volume and frequency of breastfeedings and fat content of breast milk throughout the day. *Pediatrics*, 117(3), e387-395.

Pumping Guide

Preparing a Milk Supply

Step One

We need to figure out roughly how much baby is consuming per feed. To do this keep track (or guess) how many times your baby is feeding in a 24 hr period.

We know that the average # of ounces per day between 1-6 months is 25 oz. So if you take $25\text{oz}/\# \text{ of feeds per day} = \# \text{ of ounces per feed}$.

You can also calculate a range. 20oz is the low end of ounces per day and 40 oz is the high end. Using these numbers you can come up with a range of how much your baby is consuming per feed.

The other way to know how much baby consumes at a time is to do before feed and after feed weights.

A scale is typically available to do this at breastfeeding support groups, and many hospitals will rent them out.

Step Two

Now that you have an idea of how much baby is consuming per feed. We are going to calculate how much breastmilk baby will need while you are away or sleeping. Make an educated guess about the number of feeds you won't be directly breastfeeding and then multiply it by the approximate number of ounces your baby is taking in per feed = # of ounces you need to pump in preparation.

Pumping Guide

Preparing a Milk Supply

Step Three

Now that we know how much you will need to pump in preparation, we need to figure out how many pumping sessions you will need to do. Many think that they just need to pump the same number of times baby feeds while they are away. Unfortunately, (or fortunately depending on how you look at it) babies are typically better at extracting milk from your breasts than a pump is. So while your baby may be getting 4 oz a feed, you might only pump an ounce or two.

You will almost always have more breastmilk available in the early morning hours. So if you want to minimize your pumping sessions, shoot for early am pumping sessions.

ounces needed for time away/# ounces you pump per session= # of pumping sessions needed

Step Four

Alright! So we know how many pumping sessions are necessary to get you the rest you deserve or time you need away from your baby. Now you just need to schedule or find the time for these pumping sessions. You can pump during a nap, while someone else is watching baby, or as Dr. Sterling often did, put baby in a bouncy chair on the floor and bounce him/her with your foot while you sit in a chair and pump. It's a glamorous life, huh?!

*A lot of emotions can come up when pumping for time away from your baby. This is when we go back to our values. Babies thrive when their parents thrive. Sleep, time alone, and self-care are essential ingredients for wellness. We take care of ourselves as much for us as for them. You got this momma!

Storing Breast Milk

American Academy of Pediatrics Guide to Storing Fresh Breast Milk

Place	Temperature	How Long	Things to Know
Countertop, table	Room temp (up to 77°F)	Up to 4 hours is best. Up to 6 to 8 hours is okay for very cleanly expressed breast milk.	<ul style="list-style-type: none"> • Store breast milk in small batches. 2 to 4 ounces is recommended to prevent waste. • Any remaining breast milk left in a bottle after your baby is finished with a feeding should be used within 2 hours, or, if quickly refrigerated, used for the next feeding. You can always thaw an extra bag if needed.
Refrigerator	39°F or colder	Up to 4 days is best. Up to 8 days is okay for very cleanly expressed breast milk.	<ul style="list-style-type: none"> • Store breast milk in the back of the refrigerator. • To warm breast milk from the refrigerator, place the bottle in a bowl of warm water or run it under warm water. Heating breast milk in microwaves is not safe.
Freezer	0°F or colder	Up to 9 months	<ul style="list-style-type: none"> • Store breast milk toward the back of the freezer. • Breast milk expands as it freezes, so do not fill the milk all the way to the top of the storage container. • To thaw breast milk from the freezer, put the bottle or bag in the refrigerator overnight, hold it under warm running water, or set it in a container of warm water. Heating breast milk in microwaves is not safe. • Once breast milk is thawed, it can be stored in a refrigerator and must be used within 24 hours.
Deep freezer	-4°F or colder	Up to 12 months	<ul style="list-style-type: none"> • Store breast milk toward the back of the deep freezer. • Breast milk expands as it freezes, so do not fill the milk all the way to the top of the storage container. • To thaw breast milk from the deep freezer, put the bottle or bag in the refrigerator overnight, hold it under warm running water, or set it in a container of warm water. Heating breast milk in microwaves is not safe. • Once breast milk is thawed, it can be stored in a refrigerator and must be used within 24 hours.

Using the Pump to Stimulate Supply

Step One

Make sure you actually have a supply issue. If baby is happy and gaining weight without supplementation, it is unlikely you have a supply issue. Remember, the amount you pump is often not reflective of your supply. Talk to a lactation consultant or IBCLC, or attend a breastfeeding support group if you believe you have a low-supply. Many people will want to stimulate more supply to help build a freezer stash. Proceed with caution as there are very real consequences (clogged ducts, engorgement, and mastitis) to having an oversupply. If your supply is not meeting your baby's needs, below are some ways to stimulate your supply with the breast pump.

Step Two

Add a pumping session or two per day. Remember, the early morning pumping sessions have a greater impact on stimulating your supply.

Step Three

Actively express milk with your hands while pumping. This can yield up to 40% more breastmilk and lead to more complete emptying.

Step Four

Try a **pumping power hour** for several days!

Pump for 20 min
Rest for 10 min
Pump for 10 min
Rest for 10 min
Pump for 10 min

Newborn Formula Feeding Basics

from The American Academy of Pediatrics

Amount and Schedule of Formula Feedings

- **After the first few days:** Your formula-fed newborn will take from 2 to 3 ounces (60–90 mL) of formula per feeding and will eat every three to four hours on average during her first few weeks. (Breastfed infants usually take smaller, more frequent feedings than formula-fed infants).
- **During the first few weeks:** If your baby sleeps longer than four to five hours and starts missing feedings, wake her up and offer a bottle.
- **By the end of the first month:** Your baby will be up to at least 4 ounces (120 mL) per feeding, with a fairly predictable schedule of feedings about every four hours.
- **By six months:** Your baby will consume 6 to 8 ounces (180–240 mL) at each of four or five feedings in twenty-four hours.

On average, your baby should take in **about 2½ ounces (75 mL) of formula a day for every pound (453 g) of body weight**. But he probably will regulate his intake from day to day to meet his own specific needs. So instead of going by fixed amounts, let him tell you when he's had enough. If he becomes fidgety or easily distracted during a feeding, he's probably finished. If he drains the bottle and continues smacking his lips, he might still be hungry. There are high and low limits, however. **Most babies are satisfied with 3 to 4 ounces (90–120 mL) per feeding during the first month and increase that amount by 1 ounce (30 mL) per month until they reach a maximum of about 7 to 8 ounces (210–240 mL)**. If your baby consistently seems to want more or less than this, discuss it with your pediatrician. Your baby should drink no more than 32 ounces (960 mL) of formula in twenty-four hours. Some babies have higher needs for sucking and may just want to suck on a pacifier after feeding.

Initially it is best to feed your formula-fed newborn on demand, or whenever he cries because he's hungry. As time passes, he'll begin to develop a fairly regular timetable of his own. As you become familiar with his signals and needs, you'll be able to schedule his feedings around his routine.