



THE FIRST FEW DAYS

- Frequent feeding is normal
- Newborns typically feed 8-12 times in 24 hours
- Baby only needs drops of colostrum at birth
- Cluster feeding is common & helps support milk production



SIGNS BABY IS GETTING ENOUGH MILK

- Audible swallowing during feeds
- 6+ wet diapers and 3+ dirty at 5 days of age and up
- Weight gain over time



BREAST CARE TIPS

- Hand express a few drops of milk onto nipples after feeds
- Air dry nipples when possible
- Use supportive but non-restrictive bras
- Heat helps milk to flow, cold helps pain and swelling



MILK SUPPLY BASICS

- Frequent milk removal supports supply
- Avoid long stretches without feeding or pumping early on
- Skin-to-skin contact can help stimulate feeding cues & milk production



DEEP LATCH TIPS

- Bring baby to breast, not breast to baby
- Aim nipple toward baby's nose
- Wait for a wide open mouth
- Chin and cheeks should touch the breast
- Feeding should not be painful

BREASTFEEDING SURVIVAL GUIDE

01.

02.

03.

04.

05.