

BREASTFEEDING TIPS

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Breastfeeding is NEVER supposed to hurt.



Each mom's breasts and nipples will be different.

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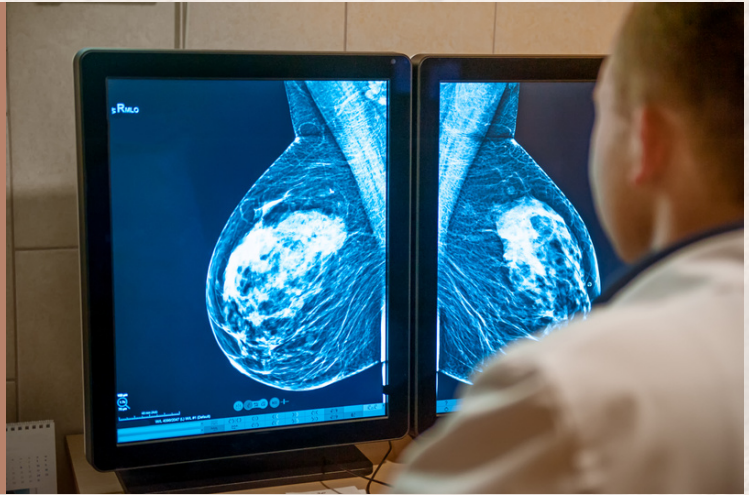
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Every baby's mouth shape is different.



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Assess the mom's breasts BEFORE she gives birth.



You can't time feeds. Look for SWALLOWS.

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Don't ever let a baby sit on the breast doing nothing!



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LOOK FOR ACTION. It's all about ACTION.



A typical feed is 450 swallows at each feed.

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Teach new moms to look for urine and stool diapers.



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The first 4-6 weeks is a learning period for both the mother and the baby.



There are TWO brains working, the baby's and the mom's. Both have to learn.

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MOST babies need to be trained to nurse. Suckling is a natural instinct, but it doesn't mean the baby is well-coordinated.



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A well-trained baby can fill up their entire tummy in 6 minutes by 6 weeks.



Learn more about breastfeeding and adding solid foods to baby's diet at

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