Baby is getting enough breast milk when ...
Basic guidelines and a starter feeding diary are included in this flyer. Newborns need a minimum of eight to 12 feedings every 24 hours for the first two weeks. The number of wet diapers and bowel movements that a baby has every 24 hours is a good measurement of how much the baby is taking during feedings.

Baby’s second night
You’ve made it through your first 24 hours as a new mom. All of a sudden, your little one discovers that he’s no longer back in the warm and comfortable womb. You might find that he protests loudly each time you take him off the breast when he comfortably drifted off to sleep and you put him in the bassinet. In fact, each time you put him back on the breast, he nurses for a little bit and then goes back to sleep. This is normal. Refer to this flyer to learn ways to help transition your baby from your breast to the basinet or crib.

Breast milk removal and storage
If you’ll be away from your baby during a feeding or several feedings, you may need another way to empty your breast. This handout will help you select the method of breast milk removal and storage that is best for you. You can do this by hand (hand expression) or using a breast pump. Learn how to use hand expression (Marmet technique) to express breast milk. Get tips on selecting a breast pump that meets your needs.

Breastfeeding and working/school planning timeline
This information discusses how to prepare for breastfeeding and working from two to three months before the birth of your baby through weeks one to 12, before returning to work.

Breastfeeding your baby
This information will help you through an actual breastfeeding session with your baby – how to...
prepare for the session, what positions you can use for breastfeeding and how to be sure baby is latched on to your breast properly. Keep these pages handy until breastfeeding becomes second nature to you.

Choosing a sitter or caregiver for your breastfed baby
Whether you choose to have a babysitter for occasional or regular use, or you choose a licensed day care center, it is important that the person caring for your child understands your commitment to breastfeeding. Be sure you interview several people before making your decision. Refer to this handout to know what questions to ask when choosing a babysitter or choosing a day care center.

Common concerns about breastfeeding
Most women nurse their babies with little or no trouble, and the few problems that may arise are overcome easily. You can prevent and solve problems that do occur by learning what causes them and how to treat them. Although some situations may seem overwhelming at first, remember that most breastfeeding problems are temporary. Call your breastfeeding resource person for help when you need it. Get tips on waking a sleepy baby to feed. Learn prevention and care of sore nipples. Breastfeeding should feel comfortable. Mastitis (breast infection) is an infection that can come on suddenly and usually affects only one area of the breast. Learn how to treat mastitis.

Fathering your breastfed baby
Welcome to the exciting, adventurous experience of fathering a breastfed baby. You may have mixed feelings about the breastfeeding experience, which may appear to belong only to mother and baby. Be assured that these feelings are normal. Research shows that the time fathers spend with their babies builds self-esteem later in life. Although the balancing act may be difficult at times, the rewards are worth it. Learn ways you can be father, comforter, helper, coach and provider of that extra special assurance that only you know how to give mother and baby.

The importance of 24-hour rooming-in for families
It is best for a family and new baby to stay together 24 hours a day while in the hospital. This allows the family to get to know each other and to get in harmony with each other. This also provides you with the opportunity to bond with your baby and learn your baby’s feeding cues.

How to take care of yourself while breastfeeding
Everyone requires rest and relaxation, especially a new mother. Having help at home for the first weeks can make things easier. Plan ahead, before the delivery of your baby. Think about who may be willing to help and enjoy the responsibility of caring for common household responsibilities; this, in return, will keep you and your baby together. Get more suggestions on taking care of yourself in this handout.

Nursing multiples
Learn suggestions on breastfeeding twins and triplets.

Supporting the breastfeeding mom and baby
The support person is a valuable resource for a new mother. You can make the difference in helping her to continue to breastfeed, which will benefit all of you. You may have mixed feelings about breastfeeding, but be assured that these feelings are normal. Research shows that the time loved ones spend with the baby will build self-esteem later in life. Learn ways that you can help comfort and support the new mom and baby.

Thinking about breastfeeding?
We encourage you to think about breastfeeding because it offers so many benefits to both you and your baby. See handout for some of the benefits; be sure to discuss your questions with your doctor, nurse or midwife.

Vitamin D and your baby
Vitamin D often is called the “sunshine vitamin,” because it's made from sun shining on bare skin. Breast milk has vitamin D, but your breastfed baby needs more.

Why breast milk only is best for baby
Research shows exclusive breastfeeding is good for you and your baby. The use of breast milk substitutes or artificial nipples in the early weeks of breastfeeding usually is not desirable. Learn information that can help you make an informed decision about their use.

Your breastfeeding resource person
Your breastfeeding resource person will be the person you depend on for breastfeeding help. Breastfeeding resource persons receive their education from a variety of sources and have different titles and levels of experience. This handout has descriptions of the special education and experience associated with each title so you can feel confident that your resource person is qualified to help guide you.

Your return to work or school: Continuing to breastfeed
You can continue to breastfeed when you return to work or school. Breast milk is the best possible food for your baby. Exclusive breast milk feedings for the first six months will provide your baby with the best possible start in life. Learn tips that will allow you to continue to breastfeed your baby and suggestions if you are not able to continue to breastfeed exclusively.

Please visit the Aurora Women’s Pavilion Childbirth Education department online at aurora.org/childbirthclasses.