

## Information for breastfeeding families

# Tips for the Feeding in Delivery



- **Provide lots of skin-to-skin contact** immediately after birth. Ask your provider to place your baby on your abdomen. Your baby will instinctively move towards your breasts for his first feeding. Skin-to-skin holding helps your baby regulate his temperature, heart rate, and breathing. Any routine procedures that need to be done can be done while your baby is nestled near your breasts. Tee-shirt to nightgown does not count; it must be skin-to-skin.
- **Position your baby comfortably on your chest.** Babies usually assume a face down position and this is perfect for him to look for the breast. Provide a little gentle guidance if your baby needs it.



- **Feed your baby early.** Begin breastfeeding within the first hour after delivery. This is the optimal time to start. Let your baby crawl to the breast and find it with only minimal help from you. He can do it! Keep your baby skin-to-skin with you until you have completed the first feeding. Your baby will be ready and willing!
- **Massage your breasts** to increase the flow to your baby. Massage from the outer edges towards your nipple. This will move colostrum into your nipple. Then give your breast a gentle squeeze.

- **Your baby is very sensitive to smells.** He will know you by your scent. Gently wipe away any fluids from his skin but delay the first bath for 24 hours or so. Let breastfeeding get off to a good start before others hold your baby. Delay your bath until after several feedings to allow your baby to “know you by your scent”.
- **If supplements are necessary** for medical reasons, give only 5 to 10 mls. Continue to hold him in skin to skin contact and encourage him to feed again as soon as he shows interest.
- **Moving to the post-partum unit.** Wrap both you and your baby together to maintain skin-to-skin contact while you are moved from labor and delivery to your post-partum room. Then keep your baby with you throughout the day and the night so you can respond quickly when your baby shows signs of wanting to feed.

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