

Breastfeeding: The 1st week of life

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Why breastfeed?

Breastfeeding is the safest, healthiest way to feed a baby
Breastfeeding protects against viruses
During COVID-19 and always, breast is best



Getting ready

- You don't have to do anything special to get ready
- Your body will prepare itself in pregnancy
- When the baby is born, your hormones change and you will make enough milk
- These changes might make you feel sad, tired, or weepy in the 1st few days after baby is born

When baby is born

- To keep baby safe and warm, put baby on mom's chest, with the baby's skin on your skin, for at least 1 hour, and cover mom and baby with a blanket
- By 1 hour, the baby will show you she wants to eat
- She will crawl to the breast on her own, or you can help the baby to get the breast into her mouth



The best place to keep a baby warm is on the mother's chest

Or Dad's chest!



The newborn

- New babies usually lose a little weight. This is normal.
- He will start to gain weight when he's about 4 days old
- New moms make very small amounts of milk – this milk is very rich, and protects baby against illnesses

How big is a newborn's stomach?



Day 1

size of a cherry

5-7 mL
1- 1.4 teaspoons



Day 2

size of a walnut

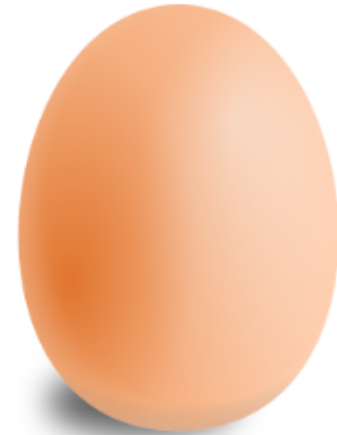
22-27 mL
0.75-1 oz



One week

size of an apricot

45-60 mL
1.5- 2 oz



One month

size of large egg

80-150 mL
2.5- 5 oz

www.letmommysleep.com



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When the milk comes in....

- The baby will be about 3 days old
- Your breasts may get heavy and leak
- Feed baby often so the breasts don't get too full
- The more you feed, the more you will make



Infant on the breast

- Infants need to be properly “latched on” to get enough milk – if they’re not, it hurts and the baby won’t get enough milk



Normal baby poop



- The 1st few poops after birth are black, thick, and sticky



- By about day 3 a breastfed baby's poop should be bright yellow and soft

When things are going well.....

- Baby should pee and poop frequently (2 poops/day 2; 3 day 3; 4 day 4)
- Infant should eat 8-12 times or more in 24 hours
- Pee should be clear or yellow
- Breastfeeding should not hurt



For smart, sharp, strong baby

Give baby only breastmilk for first 6 months

**No water.
No fluid.
No other food.**



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