

NURSING INSTITUTE, JHENAIDAH
REPUBLIC OF BANGLADESH

LECTURE 01

FUNDAMENTALS OF MIDWIFERY

DIPLOMA IN MIDWIFERY

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NORMAL NEONATE

ESTABLISHING BREAST FEEDING

Question:

- ✿ **How to support a mother to establish breastfeeding?**

In the first hour:

- ◆ Keep your baby skin to skin with you.
- ◆ Watch for early infant feeding cues.
- ◆ Breastfeed your baby within the first hour after birth.
- ◆ Delay newborn tests and routine procedures until after the first breastfeeding.
- ◆ Remember that colostrums is nutrient-rich and that your baby doesn't need to eat much in the first hours and days of life

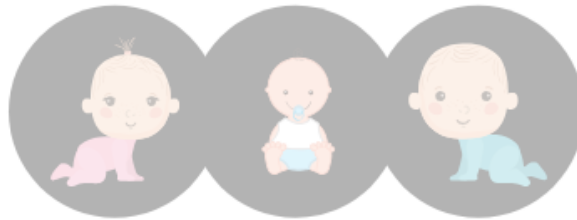


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In the first days:

- ☼ Sleep in the same room with your baby and be together as much as possible.
- ☼ Don't limit your baby's time at the breast or hold your baby off between feedings.
- ☼ Let your baby finish the first breast before offering the other.
- ☼ Learn how to tell if your baby is swallowing milk.
- ☼ Learn how to tell if your baby is getting enough milk and trusting that you will produce lots of milk.
- ☼ Learn how to position your baby for a good latch on the breast.
- ☼ Don't use bottles or pacifiers until breastfeeding is well established.
- ☼ If you need to be separated from your baby, pump your breasts and store your milk.
- ☼ Don't supplement your breast milk with formula unless there is a clear, compelling health reason.



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