

HOW TO RECOGNIZE A “CORRECT BREASTFEEDING” IN THE EARLY DAYS AFTER BIRTH

Breastfeeding has begun correctly if newborns drink all the milk they need to grow well, if they are satisfied after feeding and if mothers have no pain while breastfeeding.

- It's important **for mothers to feel comfortable while breastfeeding**.
- **Newborns** need to be positioned closed to their mother's body and to be **gently supported** down their back.
- This will allow them to **tilt their head back** easily.
- In this way, they will be able to **open their mouth wide** and take “a good bite of breast”, instead of just latching onto the nipple.



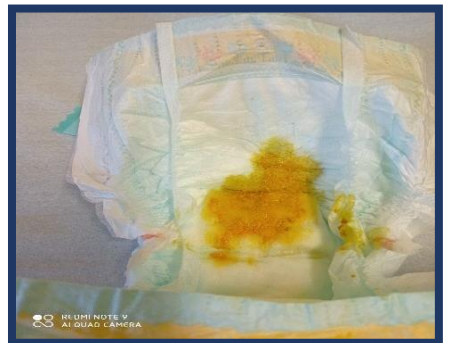
By doing this, **mother's breast** remains **healthy** and it doesn't have any tense, hard, red, or painful areas. The **nipples remain intact** and they don't show any fissures or redness, and they do not appear crushed after feeding.



From the 4th day after birth, if the newborns are receiving all the necessary milk:

- **Stools are yellow**, soft or liquid, **and they poop at least 3-4 times every 24 hours**.
- Their pees are clear and transparent and they wet at least 5-6 diapers in 24 hours.

To recognize a **wet diaper**, it should be **heavier than a clean one**.



To facilitate a **good attachment**, bring babies to the breast when they show “**first signs of hunger**”. You will observe that:

- they make small movements with the body
- they bring hands to their mouth
- they make sucking noises
- they move the mouth, “looking for something”.

Breastfeeding babies after they **start crying** makes more difficult for them to take “a good bite of breast” in the mouth.

If babies become “yellow” (**Jaundice**) after birth, reassess them in the following days. The colour of the skin should gradually become “less yellow”.

Remember that in first weeks, **before “letting them sleep as much as they want”**, you must be sure they are feeding well. Therefore, check the following:

- “Yellow stools” at least 3-4 times a day.
- Wet diapers (urine) at least 5-6 times a day.
- Decreasing jaundice.
- **Baby's growth** should be, on average, 200 gr/week.
- Mother **shouldn't feel pain** while breastfeeding and breasts and nipples must be healthy.