

Supports and Services

Community Lactation Support: _____

Follow-Up Appointment: _____



Local LLLC Group

If you or your baby have unique needs, LLLC is here to help.



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All LLLC resources and support are free.

Newborn Nursing Resources

Scan any code with your phone's camera to watch or read.



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**Full video:
Getting Started**



**Baby Nursing
(Short Clip)**



**Quick Tips
Positioning & Latching**



**Laid
Back
Positioning**



**Deep Latch
vs
Shallow Latch**

Please Welcome



Baby's Name: _____

Parent's Name(s): _____

Birth Date: _____ **Time:** _____

Birth Weight: _____ **24 Hour Weight:** _____

Birth Length: _____

Doctor/Midwife: _____

Birth Place: _____



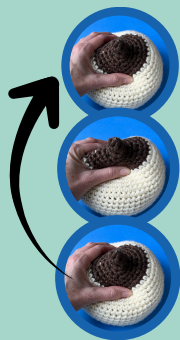
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Skin-to-Skin

- Skin-to-skin is holding a baby bare chest to bare chest.
- Helps regulate the baby's temperature, breathing, heart rate and sugar levels.
- Helps you learn your baby's cues.
- Increases the level of prolactin you produce.
- Babies on breathing machines or IVs can often be held skin-to-skin, which helps stabilize their heart rate, breathing, and temperature.



Hand Expression



PRESS BACK

COMPRESS

RELEASE

Hand-expression takes some practice. It's typical to get only a few drops at first when learning to express milk. The colostrum or milk you express is not a measure of your milk supply.

MORE INFO ➔



How to Know Your Baby is Getting Enough

Newborns Have Small Stomachs

Day 1



5-7ml
per feed

Day 3



22-27ml
per feed

Week 1



45-60ml
per feed

1 Month



80-150ml
per feed

Pee, Poo, and Weight Gain

Baby's age	1-2 days	3-5 days	6+ days	14 days	6 weeks
Wet diapers in 24 hours	1-2	Increasing 3-6	6+	6+	6+
Poopy diapers in 24 hours	Black tarry meconium	Minimum 3 stools	At least 3-5 size of a toonie	At least 3-5 size of a toonie	Some change to less frequent but larger poop
Baby's weight	Weight loss is normal	No weight loss after milk comes in	Gaining 20-35 g a day	Back to birth weight (may happen sooner)	Gaining regularly 140 - 245 g week



LA LECHE LEAGUE
CANADA