



Tips for Breastfeeding Success La Leche League Canada

Most Canadian mothers want to breastfeed their babies, but many end up weaning sooner than they'd planned. Here are some tips from La Leche League Canada to help you achieve your breastfeeding goals:

1. Frequent nursing in the early weeks helps to establish your milk production. Watch for your baby's "I'm hungry" cues – which may be sucking on his hands, smacking his lips, nuzzling your shoulder or cheek, or fussing a little. Don't wait until he's crying or he may not nurse well.
2. Let baby nurse as long as she wants to at each feeding. Your milk changes throughout the feeding, and only your baby knows when she's had all she needs. No need to look at the clock – just watch your baby!
3. If you find your nipples are sore, ask for help. Breastfeeding shouldn't hurt! Often a simple change in positioning can help, but there can be other causes. A La Leche League volunteer Leader may be able to help you or direct you to others in the community who can treat the problem.
4. Try out different positions for nursing. If you can nurse lying down, for example, you can get some rest AND feed your baby at the same time. Multi-tasking at its best!
5. Wondering if your baby is getting enough? Keep track of the poopy diapers and you'll know. Two or three substantial poops every 24 hours mean the baby is getting plenty; each should be at least the size of a loonie. More frequent smaller poops are fine too.

More questions? A great place to get them answered is at your local La Leche League Canada Group meeting. You can also call or email a volunteer. Find a Group or Leader near you at www.lllc.ca.