

Time	Narration
00:01	Welcome to the spoken tutorial on poor weight gain due to improper breastfeeding.
00:09	In this tutorial, we will learn about:
00:12	The breastfeeding related reasons why a baby does not get enough breast milk.
00:20	Recommended solutions for those reasons.
00:26	Poor weight gain in babies from birth to 6 months of age has one main cause.
00:34	It is that the baby does not get enough breastmilk.
00:40	There are many reasons why a baby may not get enough breast milk.
00:47	They are divided into 4 categories.
00:52	The first category is breastfeeding factors.
00:57	The second category is the mother's psychological factors.
01:04	The third category is the mother's physical condition.
01:10	The fourth category is the baby's physical condition.
01:16	In this tutorial, we will discuss some of the breastfeeding factors.
01:23	The other 3 categories are explained in another tutorial.
01:29	Delayed start of breastfeeding is the first breastfeeding factor.
01:35	It should start within an hour of birth.
01:40	Doing so will help the baby to learn deep attachment to the breast.
01:47	Pregnant women must be trained in breastfeeding skills in their last trimester.
01:55	Skin-to-skin contact after birth is essential to start breastfeeding.
02:02	It is explained in other tutorials in the same series.
02:08	The 2nd breastfeeding factor is poor positioning of the baby.
02:14	Mother should not bend the baby's neck forward.
02:19	This happens when the baby's nose is positioned above the nipple.
02:26	Nostrils of the baby's nose should always be in line with the nipple.
02:34	As adults, we extend our necks by tilting our heads backwards to drink water.
02:43	Similarly, the baby's neck must be extended to drink milk.
02:50	Mother can pull the baby more towards the other breast to extend its neck.
02:58	Mother should not turn the baby's neck sideways.
03:03	This will make it difficult for the baby to swallow milk.
03:09	Baby's chest and tummy should be lightly pressed into the mother's chest.
03:16	Baby should be facing the breast and
03:19	not the mother's face while feeding.
03:23	In this picture, the baby's face is positioned correctly in the cross cradle hold.
03:31	Baby's upper lip is at the 9 O'clock position on the right breast.
03:38	Baby's lower lip is at the 3 O'clock position.
03:44	Baby's legs should be tucked well under the mother's arm.
03:50	Otherwise, the baby will slip down causing nipple feeding.
03:57	Baby's hip can be seated in the fold of the mother's elbow.
04:03	This will prevent the baby from slipping down.
04:08	The 3rd breastfeeding factor is poor attachment of the baby to the breast.
04:16	Mother must wait for at least 2 to 3 minutes till the baby opens its mouth widely.

04:25	It should be open between 120 and 160 degrees wide.
04:32	Only then should the mother put her breast in the baby's mouth.
04:38	Baby's lips and chin should never be far from the areola .
04:45	Baby's mouth should be deeply pressed into the mother's breast.
04:51	Otherwise, dimples will appear in the baby's cheeks when it sucks milk.
04:58	Dimples in the cheeks also appear when there is nipple latching.
05:05	Another cause of dimples is when more of the upper areola is in the baby's mouth.
05:14	Mother's fingers compressing the breast should be parallel to the baby's lips.
05:21	This will ensure that a big part of lower areola goes into the baby's mouth.
05:29	If the baby sucks only the nipple, it will never get enough milk.
05:36	Deep attachment to the breast is very important.
05:41	It is important to check if the baby's attachment to the breast is deep.
05:49	To do so, the mother can press the breast near the baby's lower lip.
05:56	The entire lower part of the areola must be in the baby's mouth while feeding.
06:04	Baby's upper lip should be just above the mother's nipple.
06:10	Baby's lower lip should be at the border of the areola .
06:16	If the areola is small, baby's lower lip should be on the breast.
06:23	This will help the baby get enough milk.
06:28	Deep attachment to the breast is explained in another tutorial.
06:34	The 4th breastfeeding factor is the mother not feeding hindmilk to the baby.
06:42	Baby must be fed the thick hindmilk that comes after feeding the foremilk.
06:50	It is rich in good fats that are essential for the baby's brain and
06:56	growth.
06:58	Not giving hindmilk will result in poor weight gain.
07:04	Mother can check whether the baby has been fed hindmilk.
07:10	To do so, she can express her milk by hand.
07:15	If thin milk comes out, then the baby has not got hindmilk yet.
07:23	The mother should continue to feed from the same breast.
07:29	Also, she may see a good flow of thick milk when she expresses milk.
07:37	This is another sign to continue feeding from the same breast.
07:43	The 5th breastfeeding factor is feeding at fixed times.
07:50	Breastfeeding cannot be scheduled like adult meals.
07:56	The baby must be fed according to its early hunger cues.
08:02	Early hunger cues are sucking fingers,
08:05	turning its head from side to side, etc.
08:11	The mother must recognise these cues and feed the baby immediately.
08:18	She should not wait till the baby starts crying as crying is a late hunger cue.
08:27	The 6th breastfeeding factor is not feeding enough times.
08:34	The baby must be breastfed at least 10 to 12 times in 24 hours.
08:42	The maximum frequency depends on the baby's hunger cues.
08:49	Sometimes, the baby may want to have milk several times in 1 hour.
08:57	The baby must be fed as many times as it wants.
09:02	The 7th breastfeeding factor is not feeding at night.

09:09	Prolactin levels in a lactating mother are higher at night.
09:16	Prolactin is a hormone that helps in the production of breastmilk.
09:23	Not feeding at night will reduce breastmilk supply.
09:29	So, babies must be breastfed at least 3 to 4 times during the night.
09:37	Sometimes the baby doesn't wake up for more than 3 hours at night.
09:44	The mother must wake the baby up for breastfeeding.
09:50	She can do this by tickling the baby's feet
09:54	or the baby's back.
09:58	She can also wake the baby up by making it sit.
10:04	The 8th breastfeeding factor is the short duration of breastfeeding.
10:11	The baby must be fed as long as it wants to feed.
10:16	Mother should not take the baby off the breast if the baby is feeding.
10:23	Only when the baby shows signs of fullness, the mother should stop feeding.
10:30	Fullness signs are closing its mouth,
10:33	turning its head away from the breast, etc.
10:38	The 9th breastfeeding factor is the baby falling asleep while feeding.
10:45	In the first few weeks of breastfeeding, the baby may sleep off while feeding.
10:52	This leads to inadequate milk intake.
10:57	As mentioned earlier, the mother should immediately wake the baby up.
11:04	She must keep waking the baby up and feeding until the baby refuses to feed.
11:11	The 10th breastfeeding factor is not offering both breasts to the baby.
11:18	Some mothers feed the baby from one breast and never offer the other breast.
11:26	Mother must offer the other breast to the baby after one breast is emptied.
11:34	The baby will decide whether it wants to feed on the other breast.
11:41	The 11th breastfeeding factor is using feeding bottles,
11:45	nipple shields , etc.
11:49	This doesn't let the baby naturally attach deeply to the mother's breast.
11:57	To avoid them, the mother must be taught the correct breastfeeding technique.
12:04	The last breastfeeding factor is giving other food or fluids to the baby.
12:12	Baby must be exclusively breastfed for the first 6 months of life.
12:19	Other fluids or food are not as safe
12:22	and nutritious as breast milk.
12:27	They may cause infections.
12:31	They will also fill the baby's tummy.
12:35	Therefore, the baby will not feel hungry to have mother's milk.
12:42	This brings us to the end of this tutorial. Thank you for joining.