

Breastfeeding Your Baby

Breastfeeding problems, such as milk production difficulties, are not as common when using the PDF feeding method, but they do occur. Even if you are well rested, eating healthy, have a pretty routine life, and your baby is growing and getting enough food, you still may experience a milk production issue. Many things can cause production problems. Here are just a few.

Some things that can affect your milk supply are:

- > What mom eats
- > How much mom rests and sleeps
- > Her state of mind
- > The age of the mom
- > How many children you have
- > Your desire to breastfeed
- > Your nursing capabilities
- > Your nursing techniques
- > Baby's latch on abilities

If you choose to breastfeed, it is very important that you take your baby for their check-ups as needed. If you don't, how will you know if he is getting enough milk and growing at the correct rate? There is no way for you to tell that your child is getting enough nutrition for sure without your child being weighed.

During the first week of your baby's life, your breasts will produce colostrum for them to drink. Colostrum is rich in antibodies and aids the baby's immune system. It also helps him pass his first bowel movement, which is called meconium. Meconium is black and tarry looking and is in the first few diapers after birth. Then he begins to transition to a brown substance and after your milk comes in, it becomes a yellow, mustardy stool that is loose and watery. Bottle-fed baby's pass firmer, tannish stools than breastfed baby's.

After 24-48 hours after birth, your baby will start having wet diapers that will increase to two or three a day.

While your baby drinks colostrum and then milk, you should listen for a pattern of "suck, suck, suck, swallow." This pattern will be rhythmic and there should be no "clicking" noises. The "clicking" sound can indicate that your baby is not properly latched on and may not be getting enough milk from you. If you start to hear this, you need to unlatch him and then reattach him. If you continue to hear this sound after reattaching him several times, then you may

want to consult a lactation consultant or your pediatrician.

After the first week of life, you should see 6-8 wet diapers each day and at least 3 bowel movements a day. His urine should be clear and he should become more alert with each passing day. Your baby should also be gaining weight and growing, as this is the surest way to tell that they are getting enough nutrition. If you have two days in a row that deviates from the above indicators, then you should call your pediatrician immediately.