

Breastfeeding FAQ



How can I know my baby is getting enough breast milk?

Always know that with a successful initiation of breastfeeding and proper stimulation a mother has enough quantity to feed a singleton, twins and even triplets.

To know that your baby is having enough quantity, you should observe the following signs:

- Baby is having at least 4 diapers per 24 hours in the 4th day, at least 6 wet pale-yellow diapers per 24 hours after the 5th day.
- Baby has at least 3 large, soft and seedy yellow stools per 24 hours.
- Baby is active and tonic during the feedings.
- Baby has pinkish coloration with no increase in the yellow coloration.
- The baby starts to gain weight around 20 to 35g per day.
- You start by feeling your breast heavier and engorged and they become softer and less full after the feed.

My baby always sleeps in my hands or on my breast: is it normal?

After 9 months of being surrounded by the amniotic fluid and feeling safe hearing his mother's heartbeat, voice... it is physiological after the delivery that the newborns express the need to feel safe by falling asleep between your hands or on your chest. Despite sleeping for several minutes, he could easily wake up by moving him away from you.

So try to wait 10 to 15 minutes until the baby reaches his deep sleeping cycle then put him to sleep in his own crib for a safer sleeping pattern. Make sure to keep the baby sleeping in a separate crib but in the same room till at least the age of 6 months to reduce the risk of sudden infant death.

Should I give my baby formula to make sure he's having enough milk?

You should know it is normal during the first few months that your baby breastfeeds on demand and won't have a regular schedule for

waking up whether he's bottle-fed or breastfed.

So if your baby is active, eating with tonic sucking, having good output (urine and stools) and started to gain weight (usually gets back to his birth weight after 2 weeks of birth) it's better not to introduce any formula for the baby and keep exclusively breastfeeding. Usually the newborns start having a schedule around 40 days following birth.



My baby was eating in a regular rhythm, then he suddenly wants to breastfeed for long periods and won't stop sucking. Why?

A growth spurt is a time during which your baby has a more

intense period of growth. During this time, they may want to nurse more frequently, change their sleep patterns, and generally be fussier. It's a normal process that allows the baby to help you increase your milk supply by providing extra stimulation on the breast.

Here's when you may see growth spurts in your baby:

- 1 to 3 weeks of age
- 6 weeks
- 3 months
- 6 months
- 9 months

Of course, there is a range, and some babies may have less dramatic or noticeable spurts. As long as your baby is eating frequently enough, producing wet and dirty diapers, and following their own curve on the growth chart, you can be confident that they're growing well. Try to have patience and breastfeed as much as you can. In few days, your baby will go back to his normal rhythm.

My breasts are too engorged and I'm feeling severe pain?

It is important to keep your breasts soft and avoid reaching a late stage of engorgement, so here are some tips:

- Try to breastfeed every 2-3 hours and on demand.
- If your breasts are full, try to have a warm shower before breastfeeding and practice hand expression during the feeds for a better emptiness of the breasts.
- If you feel that you have an oversupply of milk, apply cold ice packs or cabbages leaves (from the fridge) to try to avoid an extra supply in breast milk for 15 minutes after each feed.
- If you are pumping between or after feeds try to pump for maximum 15 minutes or only till the breasts start to soften (the more you stimulate, the more milk supply you will have).

My nipples are sore and bleeding with severe pain.. How can I treat it?

This may be caused by the fact that nipples are still not used to breastfeeding.

Bad positioning at the breast or bad latching causes nipples to become swollen, reddish, cracked, sometimes with a bit of bleeding.

To have a faster and smoother recovery try:

- Good positioning at the breast, experiment with new positions
- Make sure the full areola, not only nipple is inside baby's mouth.
- Nurse on less sore side first.
- Keep the nipples dry.
- Nurse for shorter periods and more frequently.
- Minimize friction with the bra (try using the nipple shield through the day).
- If baby falls asleep, gently break the suction.
- After every feed, apply a bit of milk or lanolin cream.

Newborn related questions:

What are the most faced issues related to the umbilical cord?

Presence of secretions:

- If you are facing the presence of a lot of greenish secretions with a bad smell or you are noticing redness around the cord immediately contact your pediatrician.
- If prior to falling you notice some secretions with normal color and no odor, no redness it is normal process indicating that the umbilical cord will fall in the following 2 days.
- After the detachment of the umbilical note that the presence of some blood droplets or minimal yellow secretions is normal till the umbilical totally dries. You can put a sterile gauze to cover it just to prevent friction with the clothe.



What do I do if my baby is having a skin rash/ erythema toxicum.

Erythema toxicum is a common rash in newborns.

It appears in up to half of newborns, usually between day 2-5 after birth.

Erythema toxicum is characterized by blotchy red spots on the skin with overlying white or yellow papules or pustules.

The eruption typically resolves within first two weeks of life and frequently individual lesions will appear and disappear within minutes or hours. It is a benign condition thought to cause no discomfort to the baby and it needs no treatment.

For any more questions or doubt please don't hesitate to call our hotline:

MATERNITY DEPARTMENT

Bellevue Medical Center
Mansourieh El Metn- Lebanon
Tel 01-698334 (direct line)
Or 01-682666 – ext. 2400
Email: info@bmc.com.lb
Website: www.bmc.com.lb

