



HASTINGS PRINCE EDWARD
Public Health



Why Breastfeed?

Breastmilk is the natural food for newborns. It contains everything your baby needs. There are many important reasons to breastfeed, including bonding with your baby and protection for your baby from many infections and illnesses.

For other important reasons to breastfeed visit page 3 of [Breastfeeding Matters](#).

Exclusive Breastfeeding

The Public Health Agency of Canada, the Dietitians of Canada, the Canadian Paediatric Society, and the College of Family Physicians of Canada all recommend that infants receive only breastmilk for the first six months of life. This is called exclusive breastfeeding.

At six months of age your baby should begin to eat solid foods that are nutritious and high in iron, while they continue to breastfeed for up to two years and beyond.

Breastfeeding

Helping Your Baby Get a Good Start

There are four skills that you can use right after birth to help your baby learn to breastfeed. These skills are:

- holding your baby skin-to-skin;
- baby-led latching;
- following your baby's cues; and
- learning how to hand express colostrum or breastmilk.

Skin-to-Skin Contact

During skin-to-skin contact your baby wears only a diaper and is placed in an upright position on your bare chest. Skin-to-skin contact lets your baby start breastfeeding immediately after birth and helps soothe your baby. Hold your baby skin-to-skin right after birth, for at least one hour or until they have finished their first feed, and continue holding your baby skin-to-skin often and for long periods. Your partner and other family members can also hold baby skin-to-skin if you are unable to hold your baby right after birth.

For more information about skin-to-skin contact visit pages 11 and 12 of [Breastfeeding Matters](#).

Baby-led Latching

Baby-led latching is a natural and simple way to breastfeed. It lets your baby find the breast with only a little support. Babies are born with reflexes and instincts that allow them to find the breast and latch on themselves.

To learn how to breastfeed with baby-led latching visit page 12 of [Breastfeeding Matters](#).

Following Your Baby's Cues

Newborn babies need to feed at least eight times in 24 hours. Your baby will tell you when they are ready to feed and when they are finished.

Breastfeed your baby as often and for as long as your baby wants. Watch for your baby's cues, and over time, you will learn what your baby's cues mean. Feeding your baby by their cues will help you have a good milk supply as your baby grows. This is because the amount of milk you make is directly related to the amount of milk that is removed from your breast when your baby breastfeeds, or when you express breastmilk.

To see what feeding cues look like visit page 13 and 14 of [Breastfeeding Matters](#).

Colostrum and Hand Expression

Colostrum, a rich, yellowish fluid, is the first milk your body will produce. It is important for your baby to get colostrum because it is very rich in nutrients, and helps your baby's immune system.

Hand expression is an important skill for mothers to learn. Hand expressing colostrum or breastmilk has many different uses, like helping to get your baby interested in latching and to help make you feel more comfortable if your breasts feel very full.

For more information and to learn how to hand express breastmilk and colostrum visit pages 13 and 14 of [Breastfeeding Matters](#).

Helping Your Baby Latch

A deep latch is important because it lets your baby get milk easily without hurting your breasts or nipples. If you are experiencing any pain during breastfeeding it may mean your baby is not latching well. If you are unable to latch your baby, ask for help.

To help your baby latch well and to learn the components of a good latch visit pages 16-19 of [Breastfeeding Matters](#).

Signs Your Baby is Getting Enough Milk

There are signs you can look for to help you know your baby is getting enough milk. During the first week after birth, keep track of the number of times your baby feeds and the number of wet and dirty

diapers your baby has. Your baby should breastfeed at least eight times in 24 hours, have enough wet and dirty diapers for their age, and gain weight normally.

For more information about the signs your baby is getting enough milk visit page 22 of [Breastfeeding Matters](#).

Download the chart [Guidelines for Nursing Mothers](#) and post it in your home after the birth of your baby.

If your baby does not feed at least 8 times in 24 hours or does not have enough wet or dirty diapers for their age, get help from a health care professional right away.

Engorgement

Engorgement is a swollen and sore feeling in your breasts when they start producing more milk. If engorgement happens, it is usually during the first week of breastfeeding.

For ways to prevent engorgement and for information on what to do if your breasts are engorged visit page 28 of [Breastfeeding Matters](#).

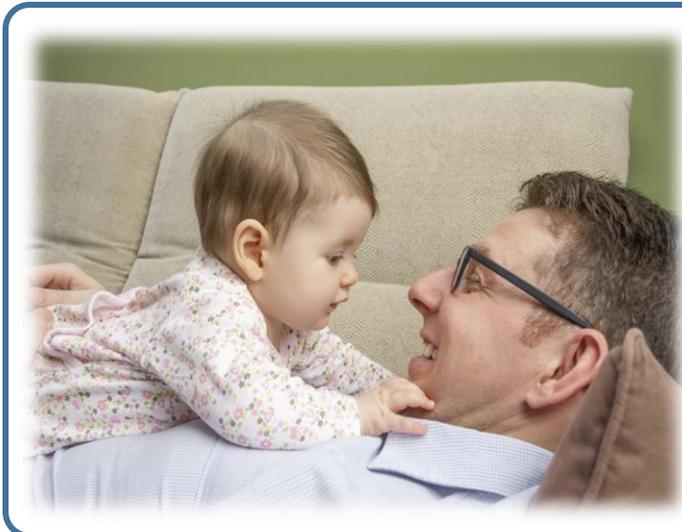
Using a Pacifier

There are many ways to calm your baby without using a soother or pacifier. Using a soother instead of watching your baby's feeding cues can cause you to make less milk. Try carrying, rocking, and cuddling your baby skin-to-skin to calm your baby.

For more information about pacifier use visit page 28 of [Breastfeeding Matters](#). For information about calming a fussy baby visit page 26 of [Breastfeeding Matters](#).

Vitamin D

Health Canada recommends that all breastfed babies receive a daily vitamin D supplement. You can buy vitamin D supplements for babies at your local pharmacy. Talk to your health care provider about how much vitamin D to give your baby.



Support Persons

Other important people in your baby's life may feel left out if they can't feed your baby. Some great ways to get involved and offer support can include: bringing the baby to mom when it's time to feed, getting mom water when she's nursing, taking the baby after the feeding if mom wants to go to sleep, and keeping mom company while she's nursing.

Visit the [24 HR Cribside Assistance for New Dads website](#) to find answers to questions and tips on how partners can get involved.

If you have questions about whether or not your baby needs a vitamin D supplement, talk to your health care provider and visit [Breastfeeding Matters](#) for more information.

It Can Take Time to Learn

Each mother and baby are different. Some need a little more time to learn to breastfeed together. If birth is long, is stressful for mom or baby, or if you have a caesarean birth, give each other extra time to learn. Be patient with your baby, and be patient with yourself. Spend lots of time getting to know your baby with skin-to-skin contact.

Watch the video [Breastfeeding Your Baby after a Caesarean Birth](#) for more information.

Where to Get Help

There are many places online, in-person and over the phone to get help if you have questions or if you aren't sure if breastfeeding is going well.

- [Hastings Prince Edward Public Health](#)

Child Health CARELine

613-966-5500 or toll-free at
1-800-267-2803, ext. 223
TTY: Dial 711

Breastfeeding Consultations

Receive support with breastfeeding challenges such as latching, positioning, and maintaining a good milk supply through one-to-one consultation at the Public Health office.

Appointments can be made by calling the Child Health CARELine.

Baby Feeding Drop-Ins

Brief one-to-one support and information for parents who have any baby feeding questions. No appointment necessary.

Public Health - Main Office
179 North Park Street, Belleville
Mondays 1:30 pm to 3:30 pm

North Hastings Early Years
Child and Family Centre
20 Hastings Heritage Way, Bancroft
2nd and 4th Tuesday of the month 12:30 pm to 2 pm

Public Health - Quinte West Branch Office
499 Dundas Street West, Trenton
Thursdays 1:30 pm to 3:30 pm

- [La Leche League Canada](#): 1-800-665-4324
- [Telehealth Ontario](#) 24/7 Breastfeeding Support: 1-866-797-0000
- [Motherisk](#): 1-877-439-2744
- [EatRight Ontario](#): 1-877-510-510-2
- [INFACT Canada](#)
- [Bilingual Ontario Online Breastfeeding Services](#)