

Breastfeeding Information for Third Trimester

Mount Auburn hospital providers strongly recommend exclusive breastfeeding of infants for the first 6 months of life.

This is also recommended by the American Academy of Pediatrics, and the World Health Organization.

As the birth of your baby comes closer, we want to review what to expect in the first hours and days after birth, and the optimal conditions for supporting breastfeeding.

Immediate skin-to-skin contact and early latching after birth: babies who stay skin-to-skin with their parents have more stable vital signs and blood glucose levels, and they generally stay at the breast for longer when breastfeeding.

When possible, have the baby latch to the breast within the first few hours of life. After this first feeding, the baby may become sleepy. Many babies sleep a lot in the first 24 hours of life, so this first feeding helps the baby understand their job, and makes it easier for them when they do wake up. Practice makes it better.

Babies communicate that they want to feed by: clenching their fists, putting their hands in their mouth, licking their lips, moving their heads toward your body, making sounds. Crying is a late sign of hunger.

The first liquid your body makes is called colostrum. It is gold in color, and is rich in nutrients, and antibodies that can protect the baby from infection. Colostrum is very dense in calories, and your baby only needs a few drops at this early stage of breastfeeding.

Many people need to go back to work after having a baby, and/or want to give bottles to their baby. To support this we will help to provide you with a pump (if you choose to give breastmilk in a bottle), or we will teach you how to safely give a bottle to your baby. We recommend that you wait until the baby is about 3-4 weeks old before you introduce a bottle. These 3-4 weeks provide you and baby time to learn how to breastfeed together, and ensure that your body will have already established a good milk supply to keep your baby satisfied and healthy.



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If you are separated from your baby in the first hours of life, it is important to start pumping as soon as possible and before 4 hours, so your baby can be fed colostrum, and your body is stimulated to produce milk.

Your milk supply will depend on how much milk and how often your baby takes from the breast. The more milk your baby takes, the more milk your breasts will make.

Try to feed your baby every 2 to 3 hours during the day and evening, and at least

every 4 hours during the night. If your baby gives feeding cues, feed your baby at that moment.

Over the next few days your breasts will feel fuller, and you will have more milk.

Mount Auburn Hospital practices “Rooming In”, where we have your baby stay in your room with you. This is important to support frequent breastfeeding, allows parents to learn the baby’s signs of hunger and helps the baby to stay relaxed.

Avoid feeding your baby from a bottle for the first 3 to 4 weeks or until your baby learns to feed well. Sucking from a bottle is a different mouth movement. Bottle sucking may interfere with your baby’s nursing at the breast.

Consider taking a prenatal class on Breastfeeding.

Mount Auburn has classes that you can register for at the following link:

<https://www.mountauburnhospital.org/classes-events/search-results-detail/?eventId=7a860848-036b-ea11-a82a-000d3a61151d>.

A sliding scale payment is available on request.