

Breastfeeding Information for Approximately 36 Weeks Gestation



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

Now that you are getting closer to your estimated due date, there are some things you can do to help support your breastfeeding experience. If you haven't already, please read through our Introduction to Breastfeeding, and our

Breastfeeding Information for Third Trimester handouts.

Please 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.

Many breastfeeding parents choose to use a pump to have the ability to use stored breast milk when needed. Consider ordering a breast pump ahead of time. You can receive your pump from your prenatal office, purchase one yourself, or receive a pump while you are in the hospital. Most insurances will pay for a standard pump, you can also upgrade for a fee. Once you have decided on a pump, we suggest you find an instructional video for your specific pump on youtube and watch how to use it.

Have your provider examine your breasts. If your nipples are inverted, you may want to consider using a product that can help evert nipples, such as supple cups, or use a pump to help evert nipples.

Eventually you and your baby will be together to start this learning process. When helping your baby to latch on to the breast, it is helpful to know that babies latch best with an off-center latch. This means the baby's upper lip will be closer to the nipple, and bottom lip further away with more areola. These are excellent instructional videos to watch about latching:

<https://www.youtube.com/watch?v=OiZohdhAA1M>

<https://www.youtube.com/watch?v=rbbsPjg8Y5I>

<https://www.youtube.com/watch?v=brqEM4HOM6Q>

If you experience pain or rubbing when feeding, your nipple is likely getting compressed and the latch will need to be adjusted. Gently insert your finger in the side of your baby's mouth to break the suction.

When starting to breastfeed, it is helpful to try different positions to find ones that work for you and your baby. You will learn more about positioning and latching from your providers and lactation consultants while at Mount Auburn Hospital.

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When To Feed Your Baby

- Use baby feeding signs rather than a schedule (i.e., every 3 hours). Your baby might want to feed more – watch your baby, not the clock.
- Signs your baby is ready to feed: bobbing head when close to the chest, opening and closing the mouth/smacking lips, sucking on fingers or hands.

When to Give Your Baby a Bottle

- You may want to give a bottle to your baby for many reasons. We will show you how to express your milk with a provided breast pump and teach you how to safely give a bottle to your baby. For additional information, visit <http://workandpump.com>
- We recommend that you wait until the baby is about 3-4 weeks old before you use a bottle. This gives you and your baby time to learn how to breastfeed together, and ensures that your body will have good milk supply to keep your baby satisfied and healthy.
- Sometimes the doctor will suggest you give a bottle earlier. In this case, a pediatrician will explain the reason why.



Knowing if Your Baby is Getting Enough Milk

- Your baby is relaxed and stops giving feeding cues.
- Around day 4-5 and after your milk has been established, your baby will typically urinate 6-8 times a day and have around 3 pale yellow/seedy stools a day.
- As a newborn, your baby may not fully settle after each feed since cluster (frequent) feedings are normal. The baby should be generally calm or rest comfortably.
- Your baby will have periods of growth from time to time, when your baby will feed more often.
- Babies normally lose an average of 7-10% of their birth weight in the first 3-5 days of life. This weight is usually re-gained by 1-2 weeks.
- Signs baby may not be getting enough milk:
 - Baby loses greater than 12% of birth weight or fails to regain birthweight AND you are aware that you have decreased milk supply.
 - Baby is urinating/stooling less frequently than expected.



Moms often worry...

- *Will I produce enough milk to feed my baby?*

The first milk you produce is called colostrum. Small amounts of this milk is just what your baby needs in the beginning. You will develop more milk as time goes on.

- *Which will provide my baby better nutrition, formula or breast milk?*
Breastmilk has the perfect nutrition for your baby.