

Breast feeding after delivery



1. Breast feeding is initiated immediately or within 30 min after delivery.
2. Breast milk provides necessary protein, fat, vitamins and fluid for the growth of new born.
3. Thick yellow secretion secreted immediately after birth, colostrum protects baby against infection. Do not discard.
4. An actual milk secretion is established after 24-48 hrs. following delivery.
More the baby sucks on breast of mother more easily is the lactation established.

5. Please do not be anxious about breast feeding, anxiety affects breast milk secretion. Take help of nurses as required.
6. Skin to skin contact of mother & baby improves bonding; baby is kept by the side of mother on the same cot as far as possible.
7. Nursing staff will teach you various positions for breast feeding.
8. Breast feeding is given on demand to the baby. Proper feeding positions are taught by nursing staff and doctors following delivery. The baby when hungry may start lip sucking movements put their hand or thumbs into mouth & sucks cry is a late sign of hunger.
9. While feeding the baby you should see that nipple & areola both should sucked by baby during feeding.
10. When one breast empties the other is offered to the baby.
11. Baby sleeps & unlatches breast when full.
12. Baby feeds about 700 gm milk per day on average.
13. Amount of breast milk left in breast after feeding should be manually expressed.
14. You may have minor problems associated with breast feeding as breast engorgement pain & fever associated with engorgement, nipple fissures & crack. The nursing staff should help in this regards. Prolonged milk accumulation in your breast may risk infection as mastitis & abscess.
15. Breast feeding helps in uterine involution, weight loss, contraception & reducing later chance of breast problems.
16. Exclusive breast feeding is continued for 4-6 months & supplementary feeds are begun as per paediatrician's advice.
17. Exclusive breast feed babies are protected against many neonatal problems.
18. Babies loose about 5 to 7 % birth weight which is regained by 1 week to 10 days. Weight loss can be approximately 200-250 gm. The weight gain in first 3 months after birth is about 150-200 gm/ week

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