

Breastfeeding Teamwork

Breastfeeding is a skill that takes time and teamwork. This can be difficult when you're already exhausted. When you learn together, your baby will reap the benefits of the best nutrition and health.

Quiz Yourself:

1. How do you know your baby is hungry?
2. How often does a baby eat?
3. How do you position a baby at the breast?
4. What is a good latch?
5. How can I unlatch a baby?
6. How do you burp a baby?
7. How do you know the baby gets enough to eat?

Tips for Successful Teamwork from Breastfeeding Parents:

- Ask your nursing partner what kind of support they need, and keep lines of communication open
- Create a nursing nook with a comfy chair, table, bowl of healthysnacks, and water bottle
- Ask your nursing partner to wake you up at the end of the feeding, so you can burp the baby, change the diaper, and soothe the baby back to sleep
- Log feedings and diapers, so you know when to breastfeed next, and which breast to start with next
- Cook a nutritious meal for the nursing partner
- Do extra chores, so your nursing partner has time to rest and focus on breastfeeding
- Manage visitors to allow the nursing partner time for rest, breastfeeding, and privacy
- Arrange for outside help, if possible, with cleaning, groceries, take-out food, delivery, and meal trains
- Take pictures of your partner breastfeeding because your baby will grow up fast
- Celebrate the small successes: hearing swallows, the arrival of yellow poop and mature milk, and your baby returning to birth weight
- Be your partner's guide to resources. If you need help or have concerns, reach out to your pediatrician, OB provider, and the Breastfeeding HelpLine at (608) 417-6547.

Ways to Bond with Your Baby:

- Hold your baby skin to skin
- Wear your baby
- Massage your baby
- Sing your favorite song to your baby
- Talk to your baby about your day
- Tell them about the fun things you want to do together
- Give your baby a tour of your house



Answers to the Quiz: (1.) Licking, smacking, opening mouth, eating hands (2.) Offer the breast whenever the baby shows hunger cues, and at least every three hours from start time to start time (3.) Ask a nurse to show you different positions, such as cross-cradle, football, and side-lying (4.) When latched deeply, the baby takes in the entire nipple and a mouthful of breast. Ask a nurse to show you what it looks like (5.) Break the seal at the corner of the baby's mouth (6.) Ask a nurse to show you two ways to burp (7.) The baby will meet the goals for the wet and dirty diapers each day (8.) Ask the nurse to explain the yellow log in your folder