

## **Fun Facts about Breastfeeding/Things I wish I knew...**

- 1) Feedings are timed from the START of one to the START of the next.
- 2) It takes about 8 hours over a 24 hour period to feed your baby (sometimes more during growth spurts).
- 3) Babies nurse ALL. THE.TIME. Feed your newborn on demand (whenever he or she is acting hungry) and *at least* 8-12 or more times per 24 hours.
- 4) Breastfeeding parents get more sleep than those offering bottles.
- 5) Breast preference is normal (your baby may do better or “like” one breast more than the other). Try a variety of nursing positions.
- 6) Difference in milk volume capacity between breasts is also normal. Breast size does not matter.
- 7) Your baby can breastfeed whether or not your nipples are flat, inverted, long, short, wide, or have piercings (be sure to remove all nipple jewelry before breastfeeding). Again, breast size does not matter.
- 8) You’ll suddenly be very thirsty and hungry when you start breastfeeding. Have a snack station where you nurse, always stocked with ready to eat food and drinks.
- 9) Have extra clothes handy- not just for your baby but for you too! Spit up, leaky diapers, and leaking breasts can be messy!
- 10) You will feel your uterus contracting (called “after pains”) in the first several days while nursing. This can feel like early labor and helps to prevent excessive blood loss.
- 11) Low milk supply is very uncommon and is almost always perceived, not actual. Avoiding supplementing your baby and avoiding feeding schedules will help prevent a drop in your supply.
- 12) You might leak or spray a lot of milk, or not leak at all. Both are normal.
- 13) Breastfeeding can be isolating. Joining parenting groups can help.

14) If the latch “looks fine” but causes damage, misshapen nipples, or extreme pain, IT IS NOT FINE. See a lactation specialist right away.

15) You may feel “touched out.” Be sure to take good care of yourself and communicate that you need time without having someone “attached” to you.

16) Sex may be different. Expect to be dry and need to use lubricant, but please wait until your follow up appointment with your obstetrician or midwife for the “all clear.”

17) Exclusive breastfeeding (for the first 6 months) can be a form of birth control and may delay return of your period.

18) When your milk “lets down” you may feel a tingling or burning sensation, or you may feel nothing and that’s normal.

19) You will have a wide variety of emotions even all at once; from the most joy and love you have ever felt, to crying, sadness, anxiety, anger, or even disgust. Share your feelings with your support people and your doctor. If this is getting worse, seek help right away.

20) You might not like breastfeeding at all. You can still breastfeed even if you don’t enjoy it.

21) Intrusive thoughts or nightmares could happen with change in hormones, new life, and lack of sleep. Again, be sure to discuss this with your support people and your doctor or midwife.

21) You might be more forgetful than normal. Write your questions down and bring a support person with you to appointments.

22) If breastfeeding is hard or you need a lot of help, there is nothing wrong with you. **You’re doing great!**



Please visit Lactation Education Resources at <https://www.lactationtraining.com/>

Click on the following links to find visual and written information, tips, tricks, and techniques to help you succeed and increase your confidence.

- ✓ Resources
- ✓ Educational Materials
- ✓ Handouts for Parents

Instructor:

Bonnie Root, RN-IBCLC

Eugene Pediatric Associates

995 Willagillespie Rd. #100

Eugene, OR 97401

541-484-5437