

## Breastfeeding Plan

This Breastfeeding Plan lays out our standard practice for all breastfeeding mothers at Upland Hills Health Birthing Unit. Following this plan will help you get breastfeeding off to the best start possible and set you up for success for your entire breastfeeding journey.

Breastfeeding should start within 2 hours after delivery and continue to be offered every 2-3 hours until your baby is latching well, feeding 10-12 times per day, your milk has matured, and your baby is gaining weight. We will have you do the following:

- Offer your breast any time your baby shows feeding cues.
- If it has been 3 hours since the beginning of your last feeding, try to start a feeding by changing your baby's diaper and placing them skin-to-skin near your breast.
- If your baby doesn't latch, hand express on each breast into a spoon or cup. Any expressed colostrum can be given to your baby.

### If Your Baby is Not Latching:

Some babies take longer to learn to breastfeed than others. Some may not latch well or consistently for more than 24 hours after birth, which is normal as you and your baby practice this new skill. During this learning period, we may have you use hand expression and/or pumping in place of missed feeding to establish your milk supply. Hand expression has been shown to be the best method for expressing your colostrum (newborn milk), helping your milk mature, and establishing your milk supply. We can help you learn this new skill.

*Hand expression is shown to provide 80% more milk when used 5 times per day in the first 3 days, in addition to using an electric pump.*

### How do I hand express milk?

Step 1: Sit up and lean slightly forward

Step 2: Provide massage to breasts with gentle hands

Step 3: Form a "C" about an inch back from your areola

Step 4: Press back, compress together, and relax

Step 5: Alternate breasts frequently for a total of 5-10 minutes or until milk stops flowing

A detailed video of hand expression provided by Stanford Medicine can be viewed at:

<https://med.stanford.edu/newborns/professional-education/breastfeeding/hand-expressing-milk.html>

### Newborn Channel

Link to video:

**Hand Expression  
in Breastfeeding**



### Keep Records:

Until your baby is back to their birth weight and breastfeeding is going well, keep track of your baby's feedings and diapers. The feeding sheet used at the hospital can be a good tool for this. If your baby is not having the expected number of feedings or wet/dirty diapers, you should contact a lactation counselor or your baby's healthcare provider. By day 4, you should see four or more yellow, seedy poop diapers. The number of wet diapers expected depends on your baby's ages:

Day 1: 1 wet diaper

Day 4: 4 wet diapers


Day 2: 2 wet diapers

Day 5: 5 wet diapers

Day 3: 3 wet diapers

Day 6: 6 or more wet diaper

over →



**In addition to the above plan, your provider and lactation counselors may have recommended the following personalized plan:**

***Supporting Supply:***

- Hand Expression
  - o When: \_\_\_\_\_
  - o How Long: \_\_\_\_\_
- Pumping
  - o When: \_\_\_\_\_
  - o How Long: \_\_\_\_\_
- Breastmilk Collector (Haakaa)
  - o When: \_\_\_\_\_

***Supplementing:***

- What: \_\_\_\_\_
- When: \_\_\_\_\_
- How Often: \_\_\_\_\_

This may change based on Baby's age.

- Day 1: 5-10 ml
- Day 2: 10-20 ml
- Day 3: 20-30 ml
- Day 4+: 1-2 oz

***Potential Breastfeeding Aids:***

- Nipple Shield
- Nipple Shells
- Nipple Cream/Soothies
- Other: \_\_\_\_\_

***Pacifier Use:***

- Avoid
- Suck training between feedings

***Support:***

You may request to see or follow up with a Certified Lactation Counselor while you are in this hospital. After you go home, we are always here to help you achieve your breastfeeding goals. Our CLCs provide breastfeeding callbacks to each mother after discharge at approximately 1 and 3 weeks postpartum. If you have questions or concerns between these times, we are available to you by telephone (608-930-7139) or you can set up an in person appointment to see one of our Lactation Counselors.