

Feeding the newborn



BREASTFEEDING WHEN THE BABY AWAKES AND UPON REQUEST

Baby Feeding Cues (signs)



EARLY CUES - "I'm hungry"



- Stirring



- Mouth opening



- Turning head
- Seeking/rooting

MID CUES - "I'm really hungry"



- Stretching



- Increasing physical movement



- Hand to mouth

LATE CUES - "Calm me, then feed me"



- Crying



- Agitated body movements



- Colour turning red

Time to calm crying baby

- Cuddling
- Skin to Skin on chest
- Talking
- Stroking



(HMMU 131022)

© State of Queensland (Queensland Health) 2012



<http://creativecommons.org/licenses/by-nc-nd/3.0/au/deed.en>

For permissions beyond the scope of this licence contact: Intellectual Property Officer, email ip_officer@health.qld.gov.au, phone (07) 3234 1470.

Initiating breastfeeding

Regardless of the position, what is important is that the baby has a good latch on the breast and drinks well, and that breastfeeding is pain-free for the mother.

Initiating breastfeeding

- Presenting the breast
- Massage
- Nipple pointing upward
- Open mouth
- Swallowing
- Disengagement



Manually expressing milk



Pict. 1



Pict. 2



Pict. 3



Pict. 4



Pict. 5



Pict. 6

Commercial infant formula

Ready-to-serve	Concentrated liquid	Powdered
<ul style="list-style-type: none">• Sterile at time of purchase.• Easiest to use.• Is used as is.• Very expensive.	<ul style="list-style-type: none">• Sterile at time of purchase.• Easier to use and safer than powdered form.• Must be diluted with water.• Costs about the same as powder.	<ul style="list-style-type: none">• Not sterile at time of purchase.• Greater risk of contamination, because it requires more handling.• Requires greater care during the dilution step than concentrated liquid.• Costs about the same as concentrated liquid.• Dilute with water at over 70°C, which means within less than 30 minutes of boiling, if you want to destroy bacteria.

Always bring water to a rolling boil for at least 1 minute to dilute the milk. (At least until 4 months old)

CONSERVING EXPRESSED MATERNAL MILK

	Room temperature	Refrigerator	Freezer*
Fresh maternal milk	<ul style="list-style-type: none"> • 4 hours at 26 °C (79 °F) • 24 hours at 15 °C (59 °F) (in a cooler with an ice pack) 	<ul style="list-style-type: none"> • 8 days at 4 °C (39 °F) 	<ul style="list-style-type: none"> • 6 months (freezer of the refrigerator, do not put it in the door) • 12 months (chest freezer)
Thawed maternal milk	<ul style="list-style-type: none"> • 1 hour 	<ul style="list-style-type: none"> • 24 hours 	<ul style="list-style-type: none"> • Do not freeze again

For more information

- From Tiny Tot to Toddler de la grossesse à deux ans. Feeding your child section – Feeding your baby <https://www.inspq.qc.ca/en/tiny-tot>
- From Tiny Tot to Toddler de la grossesse à 2 ans. Feeding your child section – Milk <https://www.inspq.qc.ca/en/tiny-tot>
- From Tiny Tot to Toddler de la grossesse à 2 ans. Feeding your child section – Breastfeeding your baby <https://www.inspq.qc.ca/en/tiny-tot>
- Kino-Québec. *Active pour la vie: L'activité physique pendant et après la grossesse*. Ministère de l'Éducation, de Loisir et du Sport, Gouvernement du Québec, 32 pages, 2018 <http://www.kino-quebec.qc.ca/publications/ActivitePhysiqueGrossesse.pdf> (French only)
- Canadian Paediatric Society. *Breastfeeding* <https://www.caringforkids.cps.ca/handouts/pregnancy-and-babies/breastfeeding>
- PUBLIC HEALTH AGENCY OF CANADA. *10 Great Reasons to Breastfeed your Baby*, Health Canada, Ottawa, Ontario, 2009. Also available online at: https://publications.gc.ca/collections/collection_2010/aspc-phac/HP15-6-2009-eng.pdf
- PUBLIC HEALTH AGENCY OF CANADA. *10 Valuable Tips for Successful Breastfeeding*, Health Canada, Ottawa, Ontario, 2009, Also available online at: https://www.phac-aspc.gc.ca/hp-ps/dca-dea/stages-etapes/childhood-enfance_0-2/nutrition/pdf/tips-cons-eng.pdf

