



Keep the connection™

Breastfeeding Information Guide



Keep the connection™

Medela offers a complete line of breastfeeding products so you can provide what's best for your baby, even when you're not there.

Breastpumps

A high-quality, research-based breastpump can help ensure adequate breastmilk supply to help you reach your breastfeeding goals.

Breastpump Accessories

Helpful accessories like extra breastshields & cleaning products will help make your breastpumping process more comfortable and efficient.

Storage & Feeding

A complete system of BPA-free breastmilk storage & feeding products will protect breastmilk and allow you to pump, store, organize & feed with one container.

Breast Care

Lanolin will help soothe dry, sore nipples and bra pads absorb leaks and help keep you dry and comfortable.

Intimate Apparel

Designed exclusively for nursing moms, Medela's complete line of intimate apparel offers comfort, fit and support.



Visit www.medelalocator.com to find Medela products and breastfeeding specialists in your area.

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Why is Breastmilk So Important?

Congratulations!

Medela congratulates you on your decision to provide your baby the healthy benefits of breastmilk. You play a very important part in giving your baby the food he needs for a bright future. This guide will give you helpful information on breastfeeding, breastmilk, pumping, and breastmilk storage.

Your breastmilk is the perfect food for your baby. Breastmilk has important protective antibodies, unavailable in any other source. That is why leading health organizations including the American Academy of Pediatrics, the World Health Organization, and UNICEF recommend breastfeeding for at least the first 12 months of your baby's life. When you breastfeed, you, your baby and your family benefit.



Download
iBreastfeed



FREE at the App® store.

Benefits to Baby¹

Research shows that the protective parts of breastmilk help to greatly reduce the risk of health problems and chronic diseases including:

- Allergies.
- Ear infections.
- Upper respiratory infections.
- Gastrointestinal infections.
- Diabetes.
- Hypertension.
- High cholesterol.

Benefits to Mom¹

Mothers who breastfeed also receive many benefits from breastfeeding including:

- Developing a strong bond with baby.
- Helping the uterus return to pre-pregnancy size more quickly.
- Burning more calories.
- Producing relaxing hormones.
- Reducing the risk of developing premenopausal breast cancer.
- Reducing the risk of ovarian and endometrial cancers.
- Reducing the risk of developing Type-II diabetes.

Why is Breastmilk So Important?

Benefits to Family²

Did you know?

Your family may also benefit financially when you choose to breastfeed.

- Depending on the cost of formula and how much your baby needs each day, you could save \$43.86 to \$194.22 in formula costs in just the first month.
- By six months, the cost savings from not feeding formula can add up to be \$375.34 to \$1,662.22.
- In one year, a family with one infant could save anywhere between \$714.42 and \$3,163.86 by breastfeeding rather than buying formula.²
- Breastfeeding also helps save on health care costs as breastfed infants typically need fewer health care visits, prescriptions and hospitalizations.

Breastfeeding Basics

Getting Started

Breastfeeding takes a little practice. Sometimes it takes a while for babies to get used to the new world around them. In the first few days after birth, the initial milk produced is called colostrum. It is thick, yellowish in color and contains large amounts of antioxidants, and protective and growth factors that your baby needs.

Colostrum helps your baby's digestive tract and acts like a first vaccination. Although the amounts of colostrum produced seem small, during the first few days it is all your baby needs. Over the next few weeks, the quantity and consistency of your breastmilk changes as your body adapts to your baby's needs. If you have concerns regarding your baby getting enough to eat, call your pediatric healthcare provider.

Your breasts contain an amazing milk production system that is triggered by your pregnancy hormones. As soon as your baby is born, your breastfeeding hormones start working. The baby nursing at your breast signals your body to start making more milk.

- In early weeks of breastfeeding, your baby will feed 8-12 times during a 24 hour period.
- The length of a breastfeeding session can vary.
- Try not to breastfeed by the clock, but rather when your baby seems hungry.
- Both the frequency and length of feeding session will continue to change as your baby grows.

Breastfeeding Basics

Signs Breastfeeding Is Going Well

When breastfeeding is going well, it is convenient and easy. Some mothers find it challenging in the beginning and some worry that they will not make enough milk. See the chart on page 7 for tips you may find reassuring and helpful.

How Often Should You Breastfeed?

- Your baby needs to feed 8 or more times in a 24-hour period.
- It's normal for your baby to want to nurse a lot in the first month.
- When you nurse as long and as often as your baby wants, your breasts know how much milk to make.

Your Baby's Tummy Size

- Your milk supply is made to match the size of your baby's stomach.
- Right after birth, your baby's stomach is small - about the size of a cherry. You will make the right amount of colostrum to meet his early growth needs.
- As your baby grows bigger and gains weight, your breasts make more milk to keep up with his needs.



Breastfeeding Basics

One helpful way to tell if your baby is getting enough milk is to look at his diapers.















Wet Diapers

- After the first week, your baby should have at least 6 wet diapers every 24 hours. This tells you that the baby is getting enough fluid.

Soiled/Dirty

- Your baby's bowel movements will change in color from very dark and sticky (meconium) to yellow and soft over the first 4-5 days of life. This tells you that your baby is digesting breastmilk.
- By day 5, your baby should have at least 3 large, soft to runny yellow bowel movements every 24 hours.
- It is normal for some babies to have a bowel movement every time they breastfeed.

Breastfeeding Basics

Your Baby's Age	1 Week							2 Weeks	3 Weeks
	1 Day	2 Days	3 Days	4 Days	5 Days	6 Days	7 Days		
How Often Should You Breastfeed? Per day, on average over 24 hours	At least 8 feeds per day (every 1 to 3 hours). Your baby is sucking strongly, slowly, steadily and swallowing often.								
Your Baby's Tummy Size	 Size of a cherry		 Size of a walnut		 Size of an apricot		 Size of an egg		
Wet Diapers: How Many, How Wet Per day, on average over 24 hours	 At least 1 WET	 At least 2 WET	 At least 3 WET	 At least 4 WET	 At least 6 WET with Pale Yellow or Clear Urine				
Soiled Diapers: Number and Color of Stools Per day, on average over 24 hours	 At least 1 to 2 BLACK or DARK GREEN		 At least 3 BROWN, GREEN, or YELLOW		 At least 3 soft and seedy YELLOW				
Your Baby's Weight	Babies lose an average of 5-7% of their birth weight in the first 3 days after birth. For example, a 7-pound baby will lose about 1/2 a pound.				From day 4 onward your baby should gain 2/3 to 1 1/2 oz. per day and regain his or her birth weight by 10 to 14 days.				
Growth Spurts 	Babies often experience a sudden burst in growth - a growth "spurt" - at certain times within their first few weeks.  During these growth spurts, your baby may want to nurse more than usual.								
"Breastfeeding: Guidelines for Consultant's - Physician's Desk Reference," Page 1, Best Start Resource Center - Breastfeeding, Health Nexus, Revised 9 March 2009, < http://www.beststart.org/resources/breastfeeding/pdf/brstfdng_ENG.pdf > Modified with approval of Health Nexus									

Breastfeeding Basics

Your Baby's Weight

After birth, it is normal for babies to lose up to 7% of their birth weight.

- Around day 4, babies begin to gain weight and should regain their birth weight by 10-14 days.
- Your baby's healthcare provider will weigh your baby at the first check-up.

Your healthcare provider may decide to weigh your baby before and after you breastfeed on a special BabyWeigh™ II scale. This scale can correctly measure very small amounts to determine how much breastmilk your baby received during the breastfeed. BabyWeigh II scales are also available for rental by calling 1-800-TELL YOU (1-800-835-5968) by visiting www.medelabreastfeedingus.com.

Growth Spurts

- In the first few weeks, there will be times when your baby seems hungry and wants to nurse more than usual.
- Even if your breasts do not feel full, go ahead and let the baby breastfeed.



BabyWeigh™ II Scale

Breastpumping

Breastpumping

Breastpumping can help maintain your milk supply when you have to be away from baby (ie: when baby sleeps through the night, returning to work), and allow you to successfully breastfeed when you are back with your baby. It is best to establish breastfeeding for 3 to 4 weeks before introducing a bottle of pumped breastmilk.



If you are returning to work or school, it is a good idea to begin pumping at least 1 to 2 weeks beforehand. This allows you to develop a routine, build up a stock of breastmilk and get baby used to drinking out of a bottle.

Why Medela?

Medela is the #1 Choice of Hospitals and Mothers

- More than 80% of U.S. hospitals choose Medela products - moms can purchase the same products preferred by hospitals.³
- A Medela breastpump is an investment in your baby's health. Medela's dedication to excellence in quality, safety and research-based technology ensures that you are getting the highest quality, most dependable breastpump available.
- Medela provides world-class customer service in English and Spanish, breastfeeding support resources including an online lactation professional locator, and free "Ask the LC" service.

Breastpumping



Proven by research & moms to produce more milk in less time.*

Why are Medela breastpumps different?

2-Phase Expression® technology is a proven, research-based pump technology that mimics a baby's natural nursing pattern.

- Through research, Medela learned that there are two distinct phases of how babies breastfeed:
 - 1. Stimulation phase** – When babies first go to breast, they suck fast and light to stimulate milk flow.
 - 2. Expression phase** – After milk flow or “let-down” starts, babies breastfeed with a slower, deeper suck, bringing out more milk faster.

Medela offers a wide range of breastshield sizes to help meet your personal needs.

Using the right size breastshield is important to:

- Ensure proper suction.
- Experience optimal milk removal.
- Achieve maximum pumping comfort.



21 mm 24 mm 27 mm 30 mm 36 mm

(provided with
Medela breastpumps)



*When pumping at Maximum Comfort Vacuum™ in the expression phase.

Breastpumping

Choosing The Right Breastpump

Depending on your lifestyle, there are many breastpumps available to meet your needs. A good breastpump is comfortable, has the latest technology based on research and is easy to operate whether it is electric or manual. All babies start their breastfeeds with fast, short sucks to stimulate the milk flow. Only when the milk starts to flow do they drink more slowly and take deeper sucks.

- With a high performing double electric pump, pumping sessions typically last 12 to 15 minutes.
- A single electric pump will take twice as long draining each breast one at a time.
- Manual pumps can often take up to 20 minutes per breast.
- Using a Medela double electric 2-Phase Expression® breastpump can yield/produce up to 18% more milk than single pumping.

Helpful Breastpumping Tips

- Begin pumping to store milk one to two weeks before returning to work.
- Plan to return to work mid-week so you can ease into your new routine.
- When separated from baby, pump your milk at the times you would be breastfeeding.
- Pump three times during an eight hour work shift, or every three hours you are away from your baby. If you can't pump three times, pump as much as you can during each day.
- Breastfeeding when you are home with baby helps maintain your milk supply and protects your special bond with your baby.
- Exclusively breastpumping: pump each time your baby has had a bottle or would be due to feed.

Collection and Storage of Breastmilk

Collection and Storage of Breastmilk

If you are planning to store your breastmilk from a pumping session, you can pump directly into a storage container (i.e. breastmilk bottle or storage bags) that can go directly into the refrigerator or freezer. Be sure that the collection containers you choose to pump and store your milk in are BPA-free. For more information on BPA-free products, please visit www.medelabpafree.com.

Below are general guidelines regarding breastmilk storage.

Freshly Expressed Breastmilk Storage Guidelines (For Healthy Term Babies)				
Room Temperature	Cooler Ice Pack	Refrigerator	Freezer	Thawed Breastmilk
4–6 hours at 66–78 °F (19–26 °C)	24 hours at 59 °F (15 °C)	3–8 days at 39 °F or lower (4 °C)	6–12 months 0–4 °F (–18–20 °C)	Use within 24 hrs

4, 5, 6, 7, 8, 9, 10

If your baby was born prematurely, these guidelines may differ slightly. You should check with your healthcare provider for the recommended storage guidelines for your specific situation.

Never microwave breastmilk. Microwaving can cause severe burns to baby's mouth from hot spots that develop in the milk during microwaving. Microwaving can also change the composition of breastmilk.

Cleaning



Cleaning

When handling your breastpump, parts and prior to pumping, be sure to wash your hands well with soap and water. When you are finished pumping, remove bottles and store breastmilk. All parts that come in contact with your breast and breastmilk must be taken apart and washed.

- Rinse all separated parts in cool water to remove breastmilk.
- Fill sink with warm soapy water and let parts soak for 5 minutes.
- Wash all parts in warm, soapy water and rinse with clear water.

(You may also wash all separated parts on top rack of dishwasher.)

- Allow breastpump kit parts and bottles to air dry in a clean area and store dry parts when not in use.
- Do NOT store wet or damp parts.

Tips & Solutions

Sore Nipple Management

During the first week or two of breastfeeding your baby, you may notice nipple tenderness. This can be due to normal postpartum skin changes or to inexperience with proper latching. Medela's Tender Care™ Lanolin and Hydrogel pads are safe and soothing. Your own breastmilk can also feel soothing on your sore nipples. Frequent breastfeeding (8-12 feeds per 24 hours) can prevent your baby from sucking too hard due to hunger. You can also express a little breastmilk first to stimulate the let-down reflex before latching. Breastfeed on the least sore side first and limit feeding time on the sore nipple if necessary.

To remove your baby from breast, place a clean finger between the baby's gums. Use relaxation techniques before and during feedings. You can finish emptying the breast with hand expression or a breastpump. Change bra pads often in between feedings to ensure dryness. If the pain continues or you notice cracks or blisters contact a lactation consultant (LC) to correct the latch-on and/or positioning problems that cause sore nipples. Often, improved latch or a simple positioning change can fix the problem.^{19, 25-33}



Breastfeeding is a wonderful and rewarding journey. It is also a learning process for you and your baby. Following are some of the most common challenges that breastfeeding moms experience and tips that can help you meet your breastfeeding goals.

It is important that you contact your lactation or healthcare professional if you are having any concerns. For help with finding a lactation professional near you, visit www.medelalocator.com.

Tips & Solutions

Relieving and Treating Engorged Breasts

Did you know that engorgement is normal?

You may experience temporary but mild and easy-to-manage engorgement. However, you may also experience a more intense period of engorgement, which can last from days to weeks. This period may seem more difficult for you and your baby but with time and patience your breasts will adjust and make the right amount of milk for your baby.

It is your baby's job to help you through engorgement by removing breastmilk. Once your milk comes in, breastfeed at least 8 times in 24 hours. If your baby is not latching properly or feeding frequently, your breasts are not emptying completely. Ask for help from a lactation consultant so that latch-on problems are resolved as soon as possible. Any time a feeding is missed, use hand expression or a breastpump to remove the milk. Breastmilk build-up can cause breast engorgement to become painful and interfere with your milk production. You can use moist heat on your breasts for a few minutes (5 minutes), or take a brief hot shower before breastfeeding to help the milk flow begin.

Use a cold compress for 10 minutes after breastfeeding to help reduce swelling. You can also gently massage your breast when baby pauses between sucks to help drain the breast, leaving less milk behind. Ask your healthcare provider about medications to reduce pain and inflammation. If your breasts redden and you develop a low-grade fever, immediately contact your healthcare provider. ^{19, 20, 21, 22, 23, 24}



Tips & Solutions

Low Milk Supply

Most women are physically capable of making enough milk for their babies to be healthy and happy. The first few weeks after birth are a critical time to establish your milk supply. During this time, frequent emptying of the breasts controls the level of milk production. Certain infant conditions may affect early milk production. For example, babies who are “just a little early” can be weak feeders and/or sleep at breast. The result may be ineffective emptying your breasts which can cause your milk supply to drop. If you feel you have not yet established your milk supply, double pumping for 15 minutes, a minimum of 8 times every 24 hours will help. This is called insurance pumping*. Insurance pumping after breastfeeding helps the supply/demand process.

If you are concerned about whether your baby getting enough to eat, you can request a weight assessment and/or ask questions regarding breastfeeding by contacting a lactation consultant (LC) and/or healthcare provider to make sure your baby is growing well.^{16, 17, 18}

**This process depends on the health status of mother and baby.*



Exercise & Breastfeeding

There are many reasons exercise is good for everyone, including breastfeeding mothers. Research states that postpartum exercise reduces stress and helps with depression. It is also proven that regular exercise and a healthy diet will help you lose fat and not muscle. Most importantly, exercise will not affect your milk supply. However, you may be uncomfortable if your breasts are full. Breastfeeding your baby or pumping prior to your workout and wearing a supportive bra will help you be more comfortable while exercising.^{11, 12, 13, 14, 15}

Tips & Solutions

Going Back to Work

Once breastfeeding is well established, you can begin offering small bottle feeds to help your baby get used to taking a bottle while you are away.

Make sure you discuss your intention to pump during work hours with your employer. If possible, pump when your baby would normally breastfeed. Try to plan three 15-minute pumping breaks during each 8-hour workday. If your shift is longer than 8 hours, try to add another short pumping session. Double pumping cuts down pumping time, but it is still important to pump for 12-15 minutes during each break. You can pump into the same bottles at different pumping sessions on the same day as long as the milk is kept chilled.



Breastfeed often in the evenings and learn how to breastfeed lying down while you rest. Nighttime breastfeeding boosts supply! If your supply is low, breastfeeding or pumping more often is the simplest way to increase supply.

Two-piece clothing that opens easily at the waist and a properly fitted nursing bra makes pumping easier. Having two pump kits makes it easy to always have a clean kit on hand between home and work. If there is no space or time to wash pump parts after pumping, refrigerate your pump parts between pumping sessions. Medela's Quick Clean™ Wipes are great for cleaning your parts at work so you can save washing for when you get home.

Online Breastfeeding Resources

- Breastfeeding support, tips, news & advocacy -
Medela Moments Newsletter and Blog:
www.medelabreastfeedingus.com/account
<http://blog.medelabreastfeedingus.com>
- Free advice from a lactation consultant:
<http://www.AskTheLC.com>
- Breastfeeding tips & solutions:
www.medelabreastfeedingus.com/tips-and-solutions
- Help with choosing a breastpump:
www.medelabreastfeedingus.com/product-selector
- Breastfeeding information and support from the AAP
(American Academy of Pediatrics):
www.healthychildren.org
- Breastfeeding support from the
Nursing Mothers Council:
www.nursingmothers.org

Join our communities and share
tips and advice with thousands
of other breastfeeding moms!



Download
iBreastfeed



FREE at the App® store.



Breastfeeding & Pumping Log

Date: _____ Age Of Baby: _____

		Minutes/Amount			
Time of Day	Check One	Left Breast	Right Breast	Total Minutes	Notes
1	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
2	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
3	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
4	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
5	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
6	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
7	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
8	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
9	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
10	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				

1 oz = 30 mL

Term Of The Day

Colostrum – The first milk that comes out of a mother's breast up to 5 days after delivery. In the first few days after birth, most mothers express very small amounts of this milk.

Diaper Log

Wet Diapers:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Dirty Diapers:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Note:

Did You Know?

Colostrum, a concentrated form of your milk, has a thick, yellowish appearance. It is rich in proteins and antibodies that provide protection and help your baby grow. It is often called "liquid gold".

Breastfeeding & Pumping Log

Date: _____ Age Of Baby: _____

		Minutes/Amount			
Time of Day	Check One	Left Breast	Right Breast	Total Minutes	Notes
1	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
2	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
3	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
4	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
5	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
6	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
7	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
8	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
9	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
10	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				

1 oz = 30 mL

Term Of The Day

Oxytocin – A hormone that signals the release of milk and the uterus to contract. During the first few days of breastfeeding and/or pumping you may have slight stomach pain as your uterus is signaled to contract.

Diaper Log

Wet Diapers:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Dirty Diapers:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Note:

Did You Know?

Colostrum is yellow in color due to beta-carotene, a protective factor, which helps build your baby's immune system.

Breastfeeding & Pumping Log

Date: _____ Age Of Baby: _____

		Minutes/Amount			
Time of Day	Check One	Left Breast	Right Breast	Total Minutes	Notes
1	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
2	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
3	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
4	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
5	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
6	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
7	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
8	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
9	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
10	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				

1 oz = 30 mL

Term Of The Day

Antibodies – Substances developed in blood that fight toxins. Breastmilk contains antibodies that help the body fight infection.

Diaper Log

Wet Diapers:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Dirty Diapers:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Note:

Did You Know?

When you are with your baby antibodies are produced and are transferred to your baby through your breastmilk. This helps protect your baby from germs around you.

Breastfeeding & Pumping Log

Date: _____ Age Of Baby: _____

		Minutes/Amount			
Time of Day	Check One	Left Breast	Right Breast	Total Minutes	Notes
1	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
2	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
3	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
4	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
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6	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
7	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
8	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
9	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
10	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				

1 oz = 30 mL

Term Of The Day

Engorgement – Overfullness of the breast caused by the milk “coming in” or when the breasts are not emptied frequently and completely.

Diaper Log

Wet Diapers:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Dirty Diapers:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Note:

Did You Know?

Discomfort caused by engorgement can be reduced by breastfeeding at least 8 times per 24 hours (*even at night*) or breastfeed on demand. Even if baby is sleepy, wake every 2-3 hours, allowing one long stretch of 4-5 hours at night.

Breastfeeding & Pumping Log

Date: _____ Age Of Baby: _____

		Minutes/Amount			
Time of Day	Check One	Left Breast	Right Breast	Total Minutes	Notes
1	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
2	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
3	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
4	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
5	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
6	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
7	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
8	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
9	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
10	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				

1 oz = 30 mL

Term Of The Day

Rooting – A baby's natural instinct to turn her head and open her mouth in the direction where she was touched on the cheek or lip.

Diaper Log

Wet Diapers:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Dirty Diapers:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Note:

Did You Know?

You can easily take baby off your breast by inserting a clean finger into the baby's mouth between the gums and holding it there while pulling him away. This will help ease the suction and also be less painful to your nipple area.

Breastfeeding & Pumping Log

Date: _____ Age Of Baby: _____

		Minutes/Amount			
Time of Day	Check One	Left Breast	Right Breast	Total Minutes	Notes
1	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
2	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
3	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
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6	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
7	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
8	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
9	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
10	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				

1 oz = 30 mL

Term Of The Day

Bilirubin – A yellow substance that the body makes as red blood cells are broken down. When bilirubin builds up in the body, skin can turn yellow which is called jaundice. Talk to your doctor if your baby appears to have yellow coloring.

Diaper Log

Wet Diapers:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Dirty Diapers:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Note:

Did You Know?

Doctors and nurses expect you to ask questions so your mind can be put at ease. Don't be afraid to ask any questions that come to mind. Keep a pen and paper close to you to write your questions down.

Breastfeeding & Pumping Log

Date: _____ Age Of Baby: _____

		Minutes/Amount			
Time of Day	Check One	Left Breast	Right Breast	Total Minutes	Notes
1	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
2	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
3	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
4	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
5	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
6	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
7	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
8	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
9	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
10	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				

1 oz = 30 mL

Term Of The Day

Nutrition – Is the process by which you take in and use food material. It is important that you try to eat a healthy, balanced diet, and drink fluids while you are giving your baby breastmilk to help protect the nutrients that are stored in your body.

Diaper Log

Wet Diapers:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Dirty Diapers:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Note:

Did You Know?

While eating a balanced diet is important, research tells us that the quality of your diet has little influence on your breastmilk. Nature is very forgiving – mother's milk is designed to provide for and protect your baby. Your milk actually changes taste and smell depending on what you eat and provides your baby with a variety of flavors and odors.

Breastfeeding & Pumping Log

Date: _____ Age Of Baby: _____

		Minutes/Amount			
Time of Day	Check One	Left Breast	Right Breast	Total Minutes	Notes
1	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
2	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
3	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
4	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
5	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
6	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
7	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
8	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
9	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
10	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				

1 oz = 30 mL

Term Of The Day

C-Hold – Mother places her thumb well above the areola and the rest of her fingers below and under the breast.

Diaper Log

Wet Diapers:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Dirty Diapers:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Note:

Did You Know?

The C-hold position helps lift the breast and guide your nipple in any direction to assist the baby in taking more of the areola in her mouth to create a good latch.

Breastfeeding & Pumping Log

Date: _____ Age Of Baby: _____

		Minutes/Amount			
Time of Day	Check One	Left Breast	Right Breast	Total Minutes	Notes
1	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
2	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
3	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
4	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
5	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
6	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
7	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
8	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
9	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
10	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				

1 oz = 30 mL

Term Of The Day

Latching On – Is when baby first takes in the nipple and areola area of the breast. It is important for your baby to open his mouth wide and latch deeply on the breast to nurse effectively and minimize sore nipples.

Diaper Log	
Wet Diapers:	
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
Dirty Diapers:	
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
Note:	

Did You Know?

When you are first starting out with breastfeeding, you may feel awkward – that is common. It will take some practice and patience as you figure out breastfeeding together. Remember, both you and your baby are learning a new skill.

Breastfeeding & Pumping Log

Date: _____ Age Of Baby: _____

		Minutes/Amount			
Time of Day	Check One	Left Breast	Right Breast	Total Minutes	Notes
1	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
2	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
3	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
4	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
5	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
6	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
7	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
8	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
9	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
10	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				

1 oz = 30 mL

Term Of The Day

Prolactin – A hormone that helps stimulate development of the breast for milk production.

Diaper Log

Wet Diapers:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Dirty Diapers:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Note:

Did You Know?

More frequent feeding and/or pumping will help start Prolactin production, increasing your milk supply.

Breastfeeding & Pumping Log

Date: _____ Age Of Baby: _____

		Minutes/Amount			
Time of Day	Check One	Left Breast	Right Breast	Total Minutes	Notes
1	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
2	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
3	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
4	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
5	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
6	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
7	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
8	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
9	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
10	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				

1 oz = 30 mL

Term Of The Day

BPA – Bisphenol-A, a chemical found in polycarbonate plastic baby bottles. There is some concern about the safety of this chemical and more research is needed. Medela products that touch breastmilk are BPA-free.

Diaper Log

Wet Diapers:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Dirty Diapers:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Note:

Did You Know?

You can detect safe plastic by finding the recycle number on the bottom of most bottles. Polypropylene (PP), recycle code "♻️", is BPA-free. Recycle code "♻️" describes different plastics, including a hard transparent plastic called Polycarbonate, which contains BPA. Contact the manufacturer if you are uncertain your bottle is BPA-free, a recycle code "♻️" may or may not contain BPA.

Breastfeeding & Pumping Log

Date: _____ Age Of Baby: _____

		Minutes/Amount			
Time of Day	Check One	Left Breast	Right Breast	Total Minutes	Notes
1	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
2	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
3	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
4	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
5	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
6	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
7	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
8	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
9	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
10	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				

1 oz = 30 mL

Term Of The Day

Plugged Duct – A plugged (or blocked) duct is an area of the breast where milk flow is blocked. A plugged duct usually comes on slowly and affects only one breast.

Diaper Log

Wet Diapers:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Dirty Diapers:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Note:

Did You Know?

Sometimes massaging the breast during breastfeeding and/or pumping can help relieve plugged ducts. Also, massaging the breast before breastfeeding can help to relieve engorgement.

Breastfeeding & Pumping Log

Date: _____ Age Of Baby: _____

		Minutes/Amount			
Time of Day	Check One	Left Breast	Right Breast	Total Minutes	Notes
1	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
2	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
3	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
4	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
5	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
6	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
7	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
8	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
9	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
10	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				

1 oz = 30 mL

Term Of The Day

Mastitis – The inflammation of the breast that can be caused by a blocked duct, infection and/or allergy. Mastitis is most common in the first 2-3 weeks but can occur at any stage of breastfeeding.

Diaper Log

Wet Diapers:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Dirty Diapers:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Note:

Did You Know?

Mastitis may come on abruptly, usually involves a fever over 100°F and may affect only one breast. Apply a moist-heating pad or hot wet towel to the infected breast, feed frequently and call your doctor immediately upon experiencing symptoms of mastitis.

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