

Nourrir la vie

Getting off to a Good Start with Breastfeeding

What can you do?

- Place your baby skin-to-skin as soon as possible after birth
- Offer baby your breast as soon as they show signs of hunger.
- Feed baby before they are crying.
- Ensure that your baby has a good latch on the breast.
- Watch for signs that baby is getting enough milk.
- Take care of yourself by making sure to eat regularly, rest and drink plenty of water.
- Feed baby often. The more you breastfeed, the more milk you'll produce!



Disclaimer : This tool is for informational purposes only. It does not replace the advice of a healthcare professional. If in doubt or facing serious difficulties, see a healthcare professional as soon as possible.

Signs of a good latch

Baby's nose is free and their chin is touching your breast.

The nipple is placed deep within baby's mouth.



Baby's head is tilted backwards.

Baby's lips are covering a large portion of the areola. Their mouth is open wide.

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Signs that breastfeeding is going well

- Your breasts and nipples are not in pain.
- Baby is swallowing as they feed. Baby seems satisfied.
- Baby is passing good amounts of urine and stools.
- Baby is gaining enough weight after their initial weight loss.

In the first few days after birth, it the breasts produce only small amounts of colostrum. It is normal for them to feel soft. Don't worry--milk production will increase soon!

Breastfeeding should not be painful.

Observe your baby's diapers

Baby's age	1 day	2 days	3 days	4 days	5 days to 3 weeks
Number of wet diapers	At least 1	At least 2	At least 3	At least 4	At least 6
Number of stools	At least 1 or 2		At least 3		
Stool appearance	Black or dark green		Brown, green or yellow		Yellow, soft and granular
					

Talk to a professional as soon as possible if:

- Your baby is not latching
- you're experiencing pain;
- you believe your baby is not getting enough milk.

Images et tableau adaptés de https://www.inspq.qc.ca/sites/default/files/mieux-vivre/alimentation/aide-memoire_pour_les_meres_qui_allaitent.pdf

