

“My baby wants to eat all the time!!”

- What a smart baby you have; practicing and putting in his “order” for more milk!
 - This is exactly what we would expect to see now.
- It won’t always be like this. Let’s see if we can get you more comfortable.
- Let’s see if baby is hungry or fussy. Sometimes the cues may look the same.
 - Show parents the 5 S’s

“I don’t have any milk.”

- Why do you think that?
- Babies are designed to take very small amounts in the beginning.
- Your colostrum is very rich, is concentrated nutrition and is just right for your baby.
- Use size comparisons to explain stomach capacity: shooter marble (5-7 ml), thumbnail, grape, teaspoon
- Explain to mom that babies have to practice at feeding to stimulate more milk production quickly
- Teach hand expression (it may take a few attempts to get the milk flowing).
- Soft breasts with just a little colostrum make it easier for the baby to learn how to breastfeed.

“Can I have some formula to give my baby?”

- Reassure mom that we can do that **BUT** determine **WHY** 1st
- And tell her, “We prefer to avoid giving formula if not medically needed because any amount of formula can have side effects.”
- Formula changes the condition of baby’s gut (pH and bacterial colonization). It takes two weeks for baby’s gut recover from one dose!
- Formula introduces cows milk protein which is the #1 allergy trigger
- Unnecessary formula can delay a mother’s full milk production
- Offer donor milk as an alternative if supplementation is necessary

“I’m so tired! Can you feed my baby in the nursery tonight?”

I can do that but...

- Research has actually shown that a mom sleeps better when her baby is close by.
- We like to help you learn about your baby’s patterns 24 hours/day so you feel confident going home.
- I understand. How about I help you rest and not interrupt baby’s learning to breastfeed. I will keep baby until he needs to eat and then I will help you with breastfeeding.
- It’s a good idea to try to sleep when baby is sleeping and allow others to comfort and care for the baby except for feedings.