

Understanding effective milk transfer

How to know a baby is getting enough?

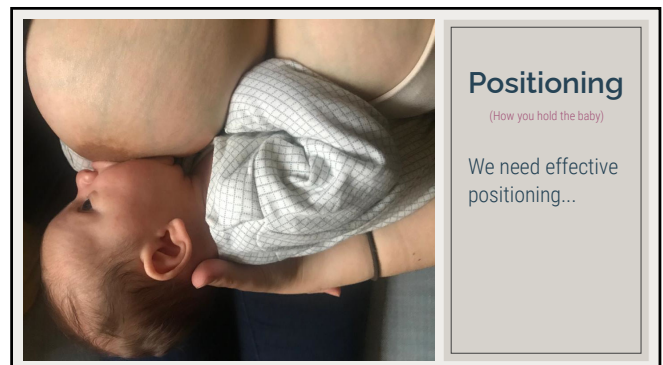
We will look at:

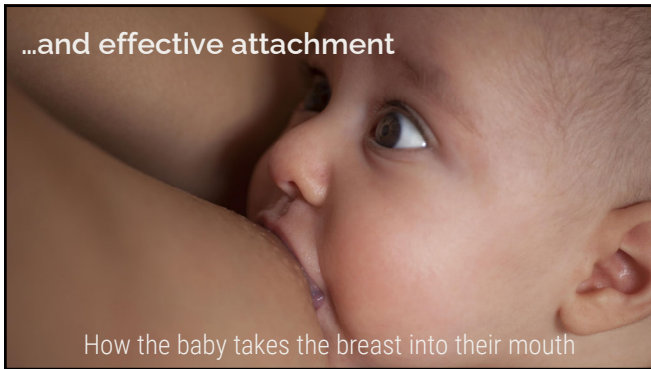
- ♥ How to identify signs of effective feeding
- ♥ What you really need to know about milk supply
- ♥ What an effective feed looks like



What you need to know...

- ♥ It's estimated that between only 1-5% of women do not have enough milk to feed a baby... and this is usually due to rare medical conditions
- ♥ The reason low milk supply is so common is due to the birth practices in our culture
- ♥ Cultural feeding practices





Effective attachment

- The baby's chin indents the breast
- The baby's mouth is wide open
- The lower lip is curled back.
- There is more areola visible above the baby's top lip
- The cheeks are full and rounded

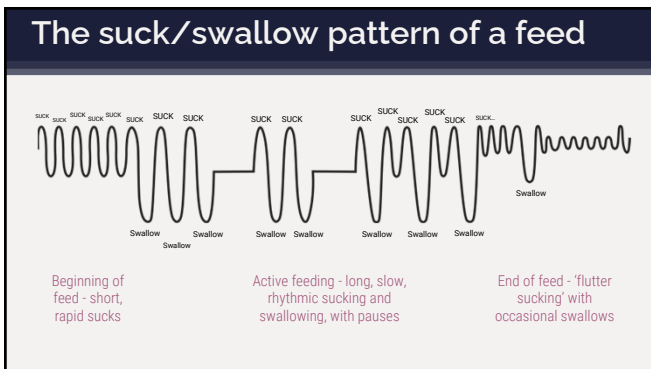
When well latched...

- ♥ The baby cups the nipple AND breast tissue with their tongue
- ♥ Lowers the jaw to create a vacuum, which draws the milk
- ♥ The baby presses upwards with the tongue and jaw to close the ducts
- ♥ Swallows

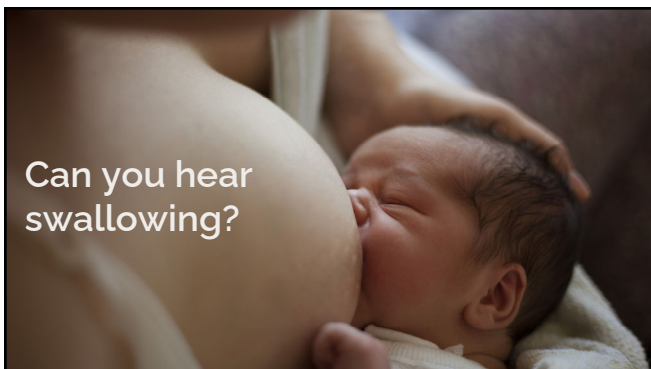
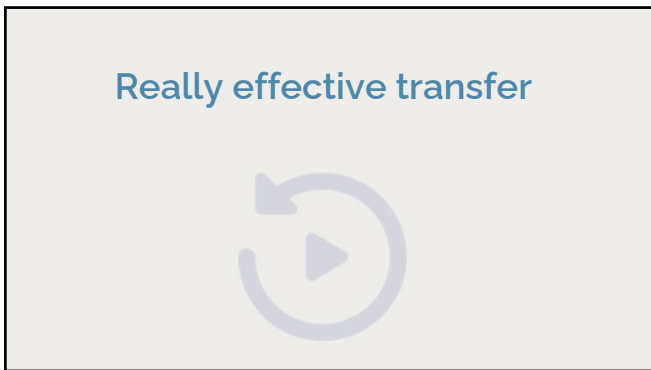
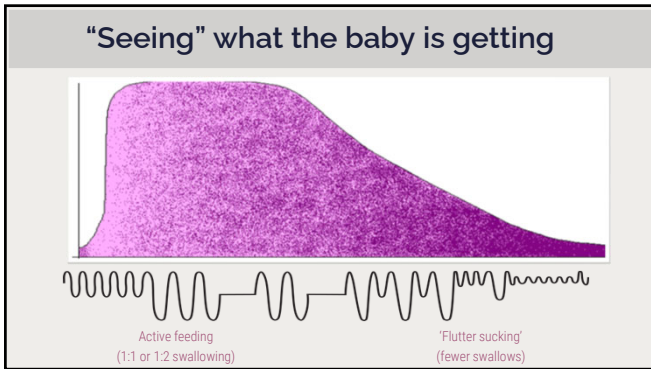
5 mins?

How long does it take to feed?

45 mins?



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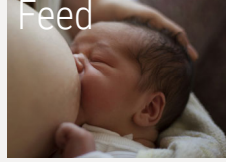
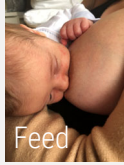


How else can you tell if the baby is receiving milk?

Output = nappies

x 2-4 a day!

The first few days and weeks...



Weight gain



It's normal for babies to lose some of their birth weight in the first two weeks.

Ideal weight gain is an ounce a day = 28g