

BREASTFEEDING: IS PĒPI GETTING ENOUGH? FIRST WEEK

AMOUNT OF MIMI (WEE)



of wet nappies = number of days old up until day 5 or 6

- day 1 = one wet nappy
- day 2 = 2 wet nappies etc

by day 5 or 6 you should be getting 5-8 heavy wet nappies each day.

COLOUR OF KAKA (POO)



- Kaka will change in colour and texture from black and sticky on day 1 to soft and yellowish on day 5 and beyond.
- Pēpi should poo every day and will probably poo a number of times a day
- Pēpi might look like it is straining but breast milk kaka will always be soft.

FEEDS



- Pēpi feeds for 10 - 45 minutes per feed (usually taking two sides)
- Pēpi wakes regularly for feeds and falls asleep after most feeds
- Pēpi has 8 -12 feeds in each 24 hour period
- swallows can be seen or heard (ask your midwife to show you how to see and hear these)

BREASTS



- Nipples don't look squashed after feeds
- breasts get heavier between feeds (after day 3) and feel noticeably softer and lighter after feeds
- Nipple tenderness should ease as baby perfects latch and nipples get used to feeding

YOUR MIDWIFE WILL BE VISITING YOU REGULARLY OVER THIS TIME. MAKE SURE YOU ASK THEM WHAT KINDS OF THINGS YOU SHOULD BE LOOKING OUT FOR TO ENSURE PĒPI IS GETTING ENOUGH. THEY WILL ALSO WEIGH PĒPI BY THE END OF THE FIRST WEEK FOR EXTRA ASSURANCE. IT IS NORMAL FOR PĒPI TO LOSE A BIT OF WEIGHT IN THE FIRST WEEK AS THEY GET GOING.

BREASTFEEDING: IS PĒPI GETTING ENOUGH? 1 WEEK - 6 MONTHS

MIMI (WEE)



5-8 heavy wet nappies every 24 hours

KAKA (POO)



- Kaka are generally yellowish, soft and squishy
- Pēpi poos most days
- Pēpi might look like it is straining but breast milk kaka will always be soft.
- Kaka may be green occasionally

FEEDS



- Pēpi will generally feed between 8 and 12 times over the day and night, often having a period of the day (usually evening) when they want to be feeding lots
- Feeds usually take less than 40 minutes and pēpi is happy and settled after feeding
- Pēpi has wakeful alert times between day feeds

BREASTS



- Nipples don't look squashed after feeds
- Breasts get heavier between feeds (after day 3) and feel noticeably softer and lighter after feeds
- Nipple tenderness should ease as baby perfects latch and nipples get used to feeding

THESE ARE GENERAL GUIDELINES. IF YOU ARE CONCERNED ABOUT PĒPI, TALK TO YOUR MIDWIFE. IT IS VERY NORMAL FOR PĒPI TO HAVE A PERIOD OF AROUND 48 HOURS EVERY FEW WEEKS WHERE THEY ARE WANTING TO FEED CONSTANTLY. THIS WILL INCREASE THE MILK AVAILABLE TO THEM AS THEY GROW AND IS VERY NORMAL.

BREASTFEEDING: WHAT TO EXPECT IN THE FIRST FEW DAYS



FEEDING FEEDING FEEDING

Pepi is likely to have a bit of a sleep after its first feed then wake up a few hours later and want to feed really frequently. This is because the amount of milk they need each day increases, and each feed tells māmā's body to make more milk.



REST REST REST

Birthing and feeding pēpi take heaps of energy. Birthing parents need to rest whenever pēpi is sleeping as it won't be long before pēpi needs another feed. Feeding every 1-2 hours is normal in the first few days, so rest is REALLY important.



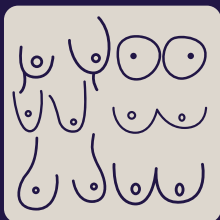
CARE AND SUPPORT

Of course, in order to rest, birthing parents need someone to be taking care of all of the other things that need to be done, and to have knowledgeable and helpful support to guide them as they learn this new skill. Have a kōrero about who might provide this tautoko.



MANAGE VISITORS

Breastfeeding works best in a space that is warm, quiet, safe and familiar. It also relies on lots of skin to skin time between māmā and pēpi. Visitors should be aware that their role is to support this connection, and not interrupt it. Many whānau find it better to limit visits during this time.



BREAST CHANGES

Breasts start out soft and comfortable as baby starts learning to feed. As the milk supply increases, usually around day 3 or 4, they can become very full and hard. The best way to manage this is to ensure you have a good latch and to feed pēpi. Breasts should feel softer and more comfortable after a feed and they will soon learn how much is the right amount to make.

LIKE ALL THINGS, WITH ALL THIS PRACTICE, FEEDING GETS EASIER.

THE MORE BABY FEEDS DURING THIS TIME THE MORE MILK IS MADE AND AFTER THE FIRST FEW DAYS, AS BABY GETS MORE MILK, THEY SLEEP LONGER FOR LONGER PERIODS OFFERING MORE TIME FOR REST.

BREASTFEEDING: WHAT TO EXPECT: 1 WEEK - 6 MONTHS



FEEDING

feeding is likely to become easier and more enjoyable as baby grows. with the pressure off, you can enjoy the wonderful benefits of oxytocin every time you feed. Some māmā don't enjoy breastfeeding and need extra support if they continue.



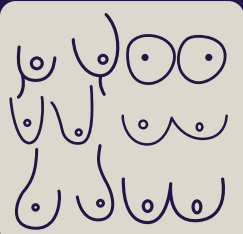
REST

feeding a baby still takes a lot of time and energy and rest is still important. Baby is likely to start getting into a bit more of a pattern so you can work out when is a good time for you to rest with them, and when is a good time to do some other things.



CARE AND SUPPORT

care and support is always important and is part of what makes our communities successful. Taking care of those nourishing and nurturing our youngest is the role of the whole community. You will transition from your midwife to your Tamariki Ora (Well Child) provider. Make sure to find out where breastfeeding support is available in your community.



BREAST CHANGES

Breasts are likely to go from firm to soft before and after feeds. If you notice a tender or red area, very gently massage it to move the blockage towards the nipple and feed frequently. If it worsens or you start to feel unwell, see your midwife or GP, rest, and keep feeding. Talk to your midwife, Tamariki Ora (Well Child) provider or GP about any other signs you are concerned about.



STARTING SOLIDS

Pēpi are ready to start solids at around 6 months, when they:

- sit with little assistance
- hold things with their hand and are working on picking things up with the thumb and pointer finger
- no longer poke their tongue out when something goes in their mouth

THE BEST NEWS IS - FOR MOST WHĀNAU, BREASTFEEDING GETS WAY EASIER FROM HERE ON IN. REST, SUPPORT, AND SEEKING HELP EARLY IF YOU NOTICE ANYTHING CONCERNING ARE STILL IMPORTANT. AND OF COURSE, NURTURING AND NOURISHING A PĒPI TAKES A LOT OF TIME AND ENERGY, AND MĀMĀ NEED TO BE ACKNOWLEDGED AND APPRECIATED FOR THIS.



CREATING A SUPPORTIVE BREASTFEEDING ENVIRONMENT



CALM



QUIET



DIM LIGHTS



SKIN-TO-SKIN



COMFORTABLE LAID
BACK POSITION



TIME AND PATIENCE



GENTLE, HANDS OFF
BREASTFEEDING
SUPPORT



CALM AND READY
PĒPI - WAIT FOR CUES



HEALTHY FOOD AND
DRINK SUPPLIED

WHILST LEARNING TO BREASTFEED, IT CAN BE REALLY HELPFUL TO START OUT IN A SAFE, FAMILIAR, COMFORTABLE ENVIRONMENT THAT SUPPORTS THE FEEDING HORMONES OF BOTH MĀMĀ AND PĒPI.

STRESS INTERFERES WITH THESE HORMONES AND DISRUPTS BREASTFEEDING

SIGNS BABY IS READY TO BREASTFEED

BREASTFEEDING WORKS BEST WHEN THE MĀMĀ AND THE PĒPI ARE RELAXED AND HAVE THEIR NEEDS MET.
MĀMĀ RESPONDS TO THE NEEDS OF THE PĒPI AS THE WHĀNAU RESPONDS TO THE NEEDS OF THE MĀMĀ

EARLY SIGNS



CALM



LICKING LIPS



SUCKING FIST

ACTIVE SIGNS



MOVING HEAD
WITH MOUTH OPEN



WRIGGLING
AROUND



FUSSING/BREATHING
FAST

LATE SIGNS (CALM BABY PRIOR TO FEEDING)



CRYING



MOVING HEAD
FRANTICALLY



STRESSED MĀMĀ
AND PĒPI

BREASTFEEDING IS A RELATIONAL RESPONSIVE ACTIVITY THAT WORKS BEST IF MĀMĀ AND PĒPI ARE
IN THE RIGHT SPACE. KEEPING AN EYE OUT FOR THESE SIGNS AND RESPONDING QUICKLY WILL HELP
BREASTFEEDING BE MORE PLEASANT AND SUCCESSFUL.

WHY IS BREASTFEEDING IMPORTANT?

BREASTFEEDING IS AN AMAZING SUPER-POWER THAT OFFERS RICH NOURISHMENT AND
NURTURE FROM THE MAGIC OF OUR TINANA (BODIES)
IT IS A GIFT TO OUR COMMUNITIES FROM NGĀ ATUA WĀHINE (THE GODESSES)



TIAKITANGA -
protection



KŌTAHITANGA
togetherness



WHANAUNGATANGA
connection



WHAKAPAPA
connection to tīpuna
and uri



MANAAKITANGA
care and respect



RANGATIRATANGA
self-determination



WHĀNAU ORA
family wellbeing



PAE ORA
wellbeing for the future



AROHA
love and compassion

BREASTFEEDING IS ALSO OFTEN CHALLENGING AND WORKS BEST WHEN EVERYONE AROUND MĀMĀ
AND PĒPI ARE AWARE OF ITS IMPORTANCE AND WHAT THEY CAN DO TO SUPPORT IT.