

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.