



## Waxbarashada Bukaanka

Waxbarashada Xilliga Dhalmada

Daryeelka Naftaada iyo  
Carruurtaada



# Walwalka Caadi Ahaan La Xiriira Naas-Nuujinta

**Naas-nuujinta caafimaad ayeey leedahay waana shey dabiici ah. Sidoo kalena, waxaa ay xambaarsan tahay su'aalo iyo walwalba. Haddii aad haatan go'aansatay in aad naas-nuujisid ama aad qorsheynaysay inta aad xusuusatid, waxaa suuragal ah in aad qabtid walwal cusub. Hooyooyinka naas-nuujiyey carruurtooda kale waxaa ay haatan qabi karaan ubad si kale u dhaqmaya. Hooyooyinka ugubka ah waxaa ay la yaabi karaan haddii su'aalhooda iyo walwalkooda ay caadi yihiin.**

Mararka qaarkood su'aalaha iyo walwalka waxaa ay keenayaan talooyin is qilaafaya oo laga helo asaxaabta ama reerka. Waxaanu filaynaa in aad si fiican wax u xulatiid haddii aan ku siino macluumaadka intii aan talo ku siin lahayn. Jawaabaha soo socda ee la xiriira walwalka naas-nuujinta ayaa ka soo ifbaxay daraasado baaritaan ah.

### **Ma hubo in ubadkaygu uu helo wax caano ah.**

Marka uu ubadkaaga naaska nuugayo, waxaad si fiican u dhageysataa dhawaaqa liqidda. Marka hore ee ay naasahaagu caano yar soo saaraan, oo loo yaqaan "dambar - colostrum," waxaad maqleysaa ubadkaaga oo wax liqayo 10-kii nuugisba mar ama in la mid ah. Dhawr maalmood kaddib, naaskaaga ayaa sameyn doona caano aad badan waxaadna maqli doontaa liqidda oo ka dhawaaq dheer markasta uu nuugo.

### **Ma garanayo haddii ubadkaygu uu helo caano ku filan.**

Si aad u ogaatid haddii uu ubadkaagu helo caano ku filan, waxaad tirisaa kaadida iyo saxarada xafaayadda ku yaal:

#### **Kaadi**

Waxaad eegataa ugu yaraan 1 mar oo qoyaan kaadi ah maalinta u horreysa ee uu dhasho, 2 mar maalinta labaad ee uu dhasho, 3 mar maalinta seddexaad. Mar haddii uu ubadkaagu gaaro 5 maalmood, caanahaaga waa ay kordhayaan waxaadna arkaysaa ugu yaraan 6 ah qoyaanka kaadida xafaayadda ku taal 24-kii saacadood.

**“Waa waayo aragnimo abaalmarin leh. Xiiso leh, FUDUD, BILAASHNA ah! Waana cuntada ugu fiican ee uu ubadkaaga heli karo.”**

**“Markii aan ka walwalay haddii ubadkaygu helayso caano ku filan, ayeey caanahaygu billaabeen in ay yimaadiin. Kaddibna in dheeraad ah ayeey si joogta ah u seexan jirtay marka caanaha la siiyo markaana waxaan ogaaday in ay caanaha cabaysay.”**

### **Dhaqdhaqaaqa Caloosha/Saxarada**

Maalmaha u horreeya, waa in ugu yaraan 1 ama 2 mar maalintii ay caloosha dhaqaaqdo. Marka hore waxaa uu lahaanayaa midab madow waana dhegdeh kaddibna waxaa uu noqonayaa maariin jilcan. Mar haddii uu ubadkaagu jirsado 5 maalmood, waa in aad aragtid 4 xafaayadood wasakh leh 24-kii saacadood.

Mararka badankood, dhaqdhaqaaqa caloosha/saxarada ee ubadka la naas-nuujiyo waxaa ay u eg tahay huruud. Carruurta qaarkooda waxaa ay billaabaan in dhaqdhaqaaqa calooshooda/saxarada ay yaraato bisha hore kaddib.

Waxaad hubisaa in aad ubadkaaga geysid booqashooyinka ugu horreeya ee dhakhtarka si miisaankeeda loo ogaado. Miisaanka ubadkaaga ayaa ah sheyga ugu muhiimsan ee kuu sheegaya haddii cunto ku filan ay hesho.

### **Ubadkayga waa ash-ash badan tahay ama waa ay ooydaa, xittaa marka la naas-nuujiyo kaddib.**

Caadi ahaan mararka qaarkood ubadka waa ay ash-ash badan yihiin. Mararka qaarkood waxaa ay u baahan yihiin daacasho ama la salaaxo. Hase ahaatee, maalmaha u horreeya, carruurta qaarkooda waxaa ay u baahan yihiin in si joogta ah loo naas-nuujiyo iyo weliba in “si goos goos ah loo naas-nuujiyo” marka ay soo jeedaan dhowr saacadood si xilligaasi aad loogu naas-nuujiyo. Caadi ahaan, marka si goos goos ah loo naas-nuujiyo, ubadkaagu waa ay jiifsaneysaa.

Daraasadaha waxaa ay muujinayaan in hooyooyinka ay helaan caano badan iyo dararka naaska oo yaraada marka ay ubadkooda naas-nuujiyaan in ka badan 8 mar maalintii. Ubadkooda miisaankooda ayaa kordha waana ay ka cagaarshow yar yihiin carruurta ka cunto cunidda yar.

Oohintu waa ay kordhi kartaa qiyaastii marka ay da’doodu gaarto 4 illaa 6 asbuuc. Carruurta dhammaantooda, haddii la naas-nuujiyo iyo haddii dhalo lagu siiyo, waxaa ay 2 saacadood maalintii ku gudbaan ash-ash iyo oohin. Tani macnaheedu ma aha in ay wax qaldan yihiin waana wax caadi ah. Ha sugin wax caado la filan karo illaa iyo 4 bilood. Waxaad eegtaa xafaayadda ubadkaaga sida kor lagu tilmaamay si loo xaqiijiyo in ay heshay cunto ku filan.

### **Ma aqaan muddada ay qaadanayso naas-nuujinta.**

Carruurta waxaa ay kuugu sheegayaan marka ay dhammeystaan naas-nuugidda iyagoo yareeya nuugidda iyo liqidida. Jidhka ubadkaaga ayaa noqda mid daal ka muuqdo oo istareex ku jira. Daraasadda ayaa muujinaysa in ay fiican tahay in aan lagu kala goyn

nuujinta naaska iyadoo naaska kale loo beddelayo marka la naas-nuujinayo. Marka uu ubadkaagu dhammeysto nuugidda naaska hore, waxaa ay sii daynaysaa ibtaada kaddibna waa ay jiifsaneysaa. Ama, haddii ay doonayso dhanka kale, waxaa ay afkeeda u furaysaa sida iyada oo raadsanaysa ibta. Marka hore daacsii, kaddibna sii naaska kale.

Naas-nuujinta waxaa ay caadi ahaan qaadataa 20 illaa 45 daqiiqadood. Naas-nuujinta qaarkood waa ay ka degdegsiin badan tahay qaar iyado qaar kalena ay ka gaabiyaan. Maalmaha hore, waxaa caadi ah in ubadkaaga ay qaadata in yar oo dheecaanka huruudda ah ee naaska ka soo baxa ee loo yaqaan ‘colostrum, iyadoo markaana naas nuugidda muddada dheer ay qanacsanaan dareensiinayso.

Haddii ubadkaaga ay aad u qabsato naaska, naas-nuujinta muddada dheer ma ay keento ibta naaska oo ku xanuunta. Xanuunka ibta naaska waxaa looga hortagi karaa iyadoo ubadka si taxaddar leh naaska loogu dhaweeyo, ee ma aha naas-nuujinta oo muddo loo yeelo.

## Goorma ayaan u weeciyaa naaska kale?

Sida aan halka sare ku tilmaanay, u daa in ubadkaagu uu isagu dhankaasi kuu hago. Haddii ubadkaagu uu qanacsan yahay, waxaa ku filan in mararka qaarkooda uu nuugo hal naas oo qudha. Caanaha uu ubadkaagu hal naas ka cabo (caanaha subagga badan) dhowr daqiiqadood kaddib waxaa ay ka subag badnaanayaan caanaha hore ee naas-nuujinta. Waxaa ay tani keenaysaa cunto isku dheelitiran. Waxaad markaasi billawdaa in aad nuujisid naaska kale.

## Goorma ayeey tahay in aan ubadkayga naas-nuujiyoy?

Maalmaha u horreeya, carruurta qaarkooda waxaa la moodaa in ay soo jeedaan oo ay waqtiga badankiisa naaska nuugaan iyadoo qaar kalena ay hurdo uga gudbayaan xilligii la naas-nuujin. Asbuuca hore ama kaddib, waxaad naaska nuujisaa ugu yaraan 3-dii saacadoodba mar marka aad soo jeedid – ama ka hor haddii ay gaajooto. Haddii ay weli jiipto 3 saacadood laga soo billaabo waqtigii la naas nuujiyey, waxaad ka beddeshaa dharka iyo xafaayadda.

Haddii aysan weli ka toosin hurdada, ha sii jiipto 15 illaa 25 daqiiqadood oo kale, balse waxaad eegtaa calaamadaha gaajada lagu yaqaan (dhaqdhaqaaqa afka, nuugidda, gacmaha oo afka lala aado). Waa ay ka fududaaneysaa in la naas-nuujiyoy marka aad calaamadahan ku aragtid haddii loo barbardhigo marka aad hurdada

“Waxa ugu muhiimsan ee iga cajiibisay ayaa aheyd joogtada loo naas-nuujinayo ubadka cusub. Waxaan filayey in 3 saacadood maalintii iyo habeenkii ay cajaa’ib tahay, balse waan naxay marka uu ubadku in muddo ah doonayey naas-nuujin DHEERAAD ah...”

“Waxa ugu fiican ee i caawinay ayaa ahayd caawinaadda tooska ah ee aan kalkaalisada ka helay.”

“Saaxibteyda ayaa i soo booqatay bil kaddib marka aan ubadka dhalay, markaas oo aan filayey in ay naas-nuujinta ka soo hagaagayso. Waxaa ay ii sheegtay in inkastoo ay waali u eg-tahay in ay ka fududaan doonto bilooyin kaddib, dhab ahaantiina sax ayeey ahayd.”

“Dhowr habeen ayaan isku daynay qaabka ugu wanaagsan ee naaska loo qabadsiiyo. Waa ay ku wareertaa kaddibna iskuma daydo. Taladeydu waa in lagu sii wadaa.”

“Waxaan ka sii jeclaan lahaa in uu qof ii sheego in ay hawl qaadanayso. Inkastoo aan shey caadi ah aan moodayey – hawl ayeey qaadatay si aan ula qabsado iyo aan labadeenu baranno sida saxda ah ee loo naas-nuujiyo.”

“.... jeceylka ayaa ah sheyga ugu muhiimsan ee aan ubadkayga siin karo.”

ka toosisid. Tilmaan fiican ayaa ah in la xusuusto in ugu yaraan 8 mar la naas-nuujiyo 24-kii saacadood. Inta ay ubadkaaga korayso waa ay ka sii fududaaneysaa in la ogaado marka ay cuntada u baahan tahay waxaadna ku tashan kartaa iyada intii aad ku tashan lahayd saacadada si aad u ogaatid xilliga la naas-nuujinayo.

### **Ma aan sheegi karo haddii uu ubadkayga uu naaska si fiican u qabsaday.**

Waxaa aad u fiican in ubadkaaga aad naaska ku aadisid busto la'aan. Waxaad ka qaadaa bustada iyo dharka wixii dhexdeeda ka sarreeya. Soo dhaweyso – “calooshiina ha is taabato” – iyadoo jidhkeeda oo idil xaggaaga u soo jeedo. Marka uu jidhkeeda la siman yahay jidhkaaga, si fudud ayeey wax u liqi kartaa mana aha in ay madaxeeda soo jeediso si ay naaska u nuugto.

Madaxeeda in yar dib u jaleeci, adigoo ibtaada sankeeda aadinaya. Waxaad ku sii deysaa dhibic dambar ah ama caano si ay u soo jeesato. Kaddibna, waxaad sugtaa afkeeda in uu aad u furmo oo uu carabkeedu banaanka u soo baxo. Marka aad aragtid afka furan oo kaliya ayeey tahay in aad si dhaqsi ah naaska u siisid.

Faruuryaheedu waa in ay daboolaan hareerada ibta (meesha madow ee ibta ku hareersan). In ka badan ibta ayeey tahay in afkeeda uu ku jiro. Garkeeda iyo sankeeda waa in ay naaskaaga taabtaan. Haddii nuugista ay xanuun leedahay kaddib marka aad aayar illaa iyo 10 xisaabisid, waxaad isticmaashaa fartaada si aad nuugidda ku joojisid islamarkaana dib u bilaw. Carruurta qaarkooda waa in ay bartaan in ay sida saxda ah u nuugaan, haddii ay muddo badan tababartaan, waa ay ku fiicnaadaan.

In aad ubadkaaga u fasaxdid in ay naaska u nuugto si adiga ku xanuujisa, ma idiin fiicna adiga iyo ubadka. Waxaad waydiisataa caawinaad haddii aad dhibaato ku qabtid.

### **Ubadkayga ma uu ceshanayo naaska.**

Markale, carruurta qaarkood waa in ay bartaa in ay naaska sida saxda ah u nuugaan. Adiga ayaa caawini kara. Maalinta hore ama labaad, waxaa suuragal ah in aad ubadkaaga naaska ku aadisid dhowr goor illaa ay kaaga shaqeyso. Mararka qaarkood, waxaa ay u ekaan kartaa in ubadku uu si sax ah u haysto naaska balse haddii uu si fudud uga soo baxo, waxaa suuragal ah in in naaska ku filan uu afkeeda galin markii horeba. Dhawr maalmood kaddib, carruurta badankooda waa ay bartaan mana aha in aad si taxaddar leh aad naaska ugu aadisid. (Waxaad eegtaa qoraalka, Qaabka iyo Qabsashada Naas-nuujinta (Position and Latch for Breastfeeding)).

## Ubadkayga waxaa uu doonayaa in uu naaska haysto maalinta oo idil.

Maalmaha u horreeya waxaa caadi ah in aad ubadkaaga gacmahaaga iyo naaskaaga aad ku haysid waqtiga badankiisa. Waxaa ay tani dhiirigelinaysaa naas-nuujin joogta ah, waxaa ay ubadkaaga siinaysaa badbaado iyo diiranaan iyo in caanaha naaskaaga ay yimaadiin. Maalinta afaraad, caanaha ayaa kordhaya ubadkaaguna waxaa ay u badan tahay in waqti badan uu seexo inta naas-nuujinta u dhaxeeyso. Daraasadaha waxaa ay muujiyeen in marka kadaabada ilmaha lagu aamusiyo la siiyo xilliyada qaarkooda in aysan dhibaato u keenin naas-nuujinta.

## Ibta ayaa i xanuunaysa.

In ay danqato maalmaha hore waa caadi. Caadi ahaan ilbiriqsiyada hore kaddib marka ubadka naaska loo daayo xanuun ayaa la dareemaa. Kaddibna, marka uu ubadkaagu la qabsado nuugidda, waxaad dareemaysaa jiidmo xooggan, balse xanuun ma aad dareemaysid. Dhowr maalmood kaddib, caanahaaga ayaa imaanaya, taasi ayaa marwalba bogsinaysa danqashada caadiga ah.

Haddii xanuunku uusan ahayn mid caadi ah, islamarkaana uusan aad u yaraan marka caanuhu imaadaan, ama aad aragtid dhaawac maqaarka soo gaaray, waxaad wacdaa Lataliyaha Naas-nuujinta. Haddii aad qabtid xanuunka naaska iyo xumadi/feebaro, waxaad wacdaa dhakhtarkaaga ama umulisada. Waxaad eegtaa qoraalka, Naas Xanuunka (Sore Nipples).

## Naasaha ayaa i xanuunaya.

Naas dararka waxaa uu bilawdaa qiyaastii maalinta labaad, seddexaad, ama afaraad dhalmada kaddib. Tani waxaa ay calaamad u tahay in caanuhu imaanayaan. Waxaad eegtaa qoraalka, Tallaabooyinka Wax Looga Qabanayo Naas Dararka Dhalmada Kaddib (Comfort Measures for Postpartum Engorgement).

Muddada naas dararka caadiga ah kaddib, haddii aad xanuun ka qabtid hal naas ama aad dareentid buro aan soo jilceynin naas-nuujinta dhowr goor kaddib, waxaad wacdaa lataliyaha naas-nuujinta si aannu kaaga caawino ogaanta waxa jira.

“Qofna yuusan kaa niyad jibin in aad sameysid waxa ubadkaaga u fiican. Waxaa jiraan hooyooyin badan ku siin kara taageero haddii aad u baahatid.”

“Waxaa ay ahayd in aan shaqada si buuxda ugu laabto 12 asbuuc kaddib. Kaddib marka aan xiriir gaar ah la yeeshay yaraankeyga, in aan aniga oo kaliya ka war hayo, ayaa iga caawisay in aan geeyo daryeelka xanaano.”

## **Maxaa dhacaya haddii ubadkayga uu dhicisnimo ku dhasho?**

Carruurta waqtigooda buuxsama waxaa ay ku dhashaan subag iyo dheecaan u kayd ah oo loogu talagalay illaa marka caanaha ay kordhaan qiyaastii maalinta seddexaad. Ubadka dhiciska ah waxaa ay caadi ahaan dhashaan ka hor inta aannu kaydkan sameysmin. Sababtaa awadeed, carruurta dhiciska ah waxaa ay muddo gaaban u baahan yihiin cunto dheeraad ah illaa ay caanahu ka kordhayaan.

Caanaha naaska laga liso waxaa uu ubadkaaga u suuragelinayaa in uu helo caano badan. Caanaha la qaso ayaa carruurta dhiciska ah la siiyaa illaa ay caanaha naaska ka kordhayaan. Carruurta dhiciska ah caadi ahaan waa ay hurdo badan yihiin waxaana suuragal ah in aysan si aad ah naaska u qaadan. Caanaha naaska oo la liso waxaa ay kordhisaa caanaha naaska ka yimaada.

## **Dhibaato ayaan ku qabaa naas-nuujinta dadka hortooda.**

Asbuucyada hore, dumarka badankiisa waxaa ay dareemaan qarsoodi la'aanta ay leedahay naas-nuujinta. Waxaa suuragal ah in aad ku hawlan tahay qabsashada naaska ee ubadka, ama aad ubadkaaga ka saacidaysid barashada. Caadi ahaan waxaa ay kaaga baahanaysaa in aad shaarkaaga furtid si aad u aragtid in qaabka aad wax u siinaysid uu saxsan yahay. Marka uu ubadkaagu ku wanaagsanaado naas-nuujidda, waxaad isku arkaysaa in aadan ka fikirin sida aad sameynaysid, ubadkaaguna waxaa uu naasku helayaa iyadoo aan la caawinin.

Waxaad isku daydaa in aad xiratid dharka qaarka kore laga xirto oo furmaya ama dusha loo qaadi karo. Rajisiinka naas-nuujinta ee aad hal gacan ku furi kartid ayaa ku caawini karaya. Isticmaalka busto qurxoon, shaal, ama garbasaar aad isku dabooshid ayaa kaa caawinaysa in aad dadka hortiisa ku naas-nuujisid. Dumarka qaarkiisa ayaa go'aansada in naas-nuujinta qarsoodiga ah ay u fiican tahay.

## **Waan daalay. Miyaan ubadkayaga dhalada siin karnaa?**

Daraasado badan ayaa muujiyey in dhalooyinka wax lagu siiyo xilliyada ay dhibaato u keenayaan naas-nuujinta. Wax soo saarka caanaha ayaa hoos u dhacaya, carruur badan ayaan si fiican u naas-nuugin kaddib marka dhalo wax lagu siiyo, dumarkuna waxaa ay naas-nuujinta joojiyaan qorshahooda ka hor. Sababahan awadood, waxaanu kugu dhiirigelinaynaa in aad ka fogaatid dhalada 4-ta illaa 6-da asbuuc ee hore.



## Su'aalo?

Su'aalahaaga waa muhiim.. Wixii su'aalo iyo wallaac ah waxaad kala soo xiriirtaa Adeegyada Caanaha Naaska.

**Adeegyada Caanaha Naaska: 206-598-4628**  
**Isniinta illaa Jimcaha,**  
**9 subaxnimo illaa 9 habeenimo.**  
**Dhammaadka toddobaadka iyo ciidaha, 9 subaxnimo illaa 1 duhurnimo.**

Haddii aad go'aansatid in aad dhalada siisid, waxaad isku daydaa in aad ubadkaaga caanaha naaskaaga aad dhalada ugu shubtid qiyaastii xilliga uu wax cunayo. Waxaa ay tani kaa caawinaysaa in wax soo saarka caanaha naaska aad la socotid. Waxaad la hadashaa lataliyaha naas-nuujinta haddii aad qabtid in dhalada lagu daro qorshahaaga caano siinta. Waxaanu kaa caawini kareynaa in aan kaafino ujeeddadaada naas-nuujinta. Waxaad eegtaa qoraalka, Lisidda iyo Kaydinta Caanaha Naaska (Pumping and Storing Breastmilk).

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# Common Concerns About Breastfeeding

**Breastfeeding is healthy and natural. So are the questions and concerns that come with it. Whether you just decided to breastfeed or you have planned on it as long as you can remember, you may have new concerns. Mothers who have breastfed their other children may now have a baby who acts differently. First-time mothers may wonder if their questions or problems are common.**

Sometimes breastfeeding questions and concerns bring about conflicting advice from well-meaning friends or family. We think you will be better able to make your best choices if we give you information rather than advice. The following responses to some of the most common breastfeeding concerns come from research findings.

## **I am not sure if my baby is getting any milk.**

When your baby is breastfeeding, listen closely for the sound of swallowing. At first when your breasts are making small amounts of early milk, called “colostrum,” you’ll hear your baby swallow every 10 sucks or so. In a few days, your breasts will make a lot more milk and you’ll hear her swallow more loudly and with every suck.

## **I don’t know if my baby is getting enough milk.**

To find out if your baby is getting enough milk, count wet and dirty diapers:

### *Urine*

Look for at least 1 wet diaper on the first day of life, 2 on the second day of life, and 3 on the third. Once your baby is 5 days old, your milk volume will increase and you should see at least 6 wet diapers in 24 hours.

“It is a rewarding experience. Fun, EASY, and FREE! It is also the best food your baby can get.”

“Just when I was starting to wonder if my baby was getting enough to eat, my milk came in. Then she often slept a little longer after she fed and I could tell she was really getting my milk.”

### ***Bowel Movements***

During the first few days, there should be *at least* 1 or 2 bowel movements every day. These will start out dark and sticky and turn to brownish and soft. Once your baby is 5 days old, you should see at least 4 dirty diapers in 24 hours.

After the first few days, the bowel movements of a breastfed baby look mustard yellow. Some babies start to have fewer bowel movements after the first month of life.

Be sure to take your baby to those first follow-up visits for weight checks. Your baby’s weight is the key factor that tells us that she is getting enough to eat.

### **My baby is still fussy or crying, even after being breastfed.**

Often babies have fussy times. Sometimes they need burping or just comforting. But, in the first days, some babies need to breastfeed very often and even do some “cluster feedings” where they seem to be awake for a couple hours and nurse a lot during that time. Often, after cluster feeding, your baby will sleep.

Studies show that mothers have a better milk supply and less engorgement when their babies nurse more than 8 times a day. Their babies gain weight better and have less jaundice than babies who eat less often.

Crying may increase around 4 to 6 weeks of age. All babies, whether fed at breast or bottle, spend about 2 hours a day in a fussy or crying state. This does not mean anything is wrong and is quite normal. Don’t expect a predictable routine until after 4 months. Check your baby’s diapers as noted above to ensure that she is getting enough to eat.

### **I don’t know how long each feeding should take.**

Babies let you know that they are finished with a feeding by slowing down their sucking and swallowing. Your baby’s body will become limp and relaxed. Research shows that it is best not to interrupt the feeding from the first side just to get to the other breast during each feeding. When your baby

is done from the first breast, she may let go of your nipple and fall asleep. Or, if she wants the other side, she will open her mouth as if searching for the nipple. You can burp her first and then offer the other side.

A feeding usually lasts for about 20 to 45 minutes. Some feedings are faster and some are slower than this. In the first days, it is normal for your baby to get small amounts of the colostrum, and staying on the breast for long periods of time can help her feel satisfied.

If your baby is latched well to your breast, long feeding sessions do not lead to sore nipples. Prevent nipple soreness with careful latching, *not* with feeding time limits.

### **When should I switch to the other side?**

As noted above, let your baby lead the way on this. If your baby is satisfied, it is fine to breastfeed from just one breast at some feedings. The milk your baby gets after several minutes of feeding from one breast (hindmilk) will be higher in fat than the milk at the start of the feeding. This makes for a well-balanced meal. Just start the next feeding on the other breast.

### **How often should my baby breastfeed?**

In the first days, some babies seem to be awake and eating most of the time and others would sleep right through the feedings they need. In the first week or so, breastfeed at least every 3 hours during the day when you are awake – or sooner if your baby acts hungry. If she’s still asleep 3 hours from the *start* of the last feeding, undress her and change her diaper.

If she still doesn’t wake up, let her sleep for another 15 to 25 minutes, but watch for signs of hunger (mouth movements, sucking, bringing hands to mouth). It will be easier to feed her when you see these signs than if you try to wake her from a deep sleep. A good guideline to keep in mind is *at least* 8 feedings in a 24-hour period. As your baby gets older it will be easier to tell when she needs to eat and you can depend on her and not the clock to let you know when it’s time to feed.

**“The main thing that surprised me was the frequency that new babies need to be fed. I thought that every 3 hours day and night was unbelievable, but I was totally shocked when he demanded MORE feedings for quite some time...”**

**“The most helpful thing was hands-on help from the nurse.”**

**“I had a friend visit me a month after I had the baby, when I thought nursing was getting better. And she told me that it seems crazy but it is going to get even easier in a couple of months, and she was totally right.”**

**“We had several nights of trying to work out the proper latch. She would get frustrated and then wouldn’t try. My advice is to stick with it.”**

**“I wish someone had told me it can take work. Even though it felt natural – it took work to get a routine down and for both of us to learn how to breastfeed correctly.”**

**“.... it’s love that is the most important thing I could give my baby.”**

### **I can’t tell if my baby is latched onto my breast well.**

It is best to position your baby at your breast without a blanket. Remove her blanket and clothing from the waist up. Hold her close to you – “tummy to tummy” – with her whole body turned toward you. When her body is lined up facing you, then she can swallow easily and she doesn’t have to turn her head to nurse.

Let her head tilt back a little, placing your nipple across from her nose. Express a little drop of colostrum or milk to help her pay attention. Then, wait for her mouth to open very wide with her tongue forward. Only when you see that wide mouth should you bring her quickly onto your breast.

Her lips should be curled out around your areola (dark part around the nipple). More than just the nipple tip should be in her mouth. Her chin and nose should touch your breast. If the sucking is painful after a slow count to 10, then use your finger to break the suction and start over. Some babies have to learn to suck the right way, but the more times they practice it right, the better they get at it.

Allowing your baby to suck in a way that is painful for you is not good for either you or your baby. Ask for help if you are struggling.

### **My baby won’t stay latched on.**

Again, some babies have to learn to suck the right way. And, you can help. In the first day or two, you may need to help your baby re-latch several times till it seems to work.

Sometimes a baby will seem to be on correctly but if she comes off easily, it may be that she didn’t get enough breast in her mouth to begin with. After a few days, most babies have figured it out and you will not have to pay such careful attention to latching. (See *Position and Latch for Breastfeeding*, pages 41 to 48 in this booklet.)

## **My baby wants to stay latched on all day.**

In the first days it is normal and healthy to have your baby in your arms and at your breast much of the time. This encourages frequent feedings, helps keep your baby warm and safe, and helps your milk come in. By about the fourth day, the amount of milk will have increased and your baby will likely have some longer sleep times between feedings. Studies have shown that giving pacifiers in the early days leads to breastfeeding problems. If your baby wants to suck, she should come to the breast. This helps bring in your milk and encourages correct sucking at the breast. As the weeks go by, you may find that giving your baby a pacifier from time to time does not cause problems with feeding.

## **My nipples hurt.**

Some tenderness in the first days can be normal. Often the first seconds after the baby latches feel painful. Then, as your baby gets into the rhythm of sucking, you will feel strong pulling, but it should not feel painful. After a few days, your milk will come in, and that almost always improves the normal tenderness.

If the pain does not seem like normal discomfort, does not improve a lot when milk is in, or if you see skin damage, call the Lactation Consultant. If you have breast pain and a fever, call your doctor or midwife. See *Sore Nipples*, pages 49 and 50 in this booklet.

## **My breasts hurt.**

Normal breast engorgement happens around the second, third, or fourth day after birth. This is a sign that your milk is coming in. See *Comfort Measures for Postpartum Engorgement*, pages 59 and 60 in this booklet.

After the normal engorgement time, if you have pain in one breast or you feel a lump that doesn't soften after breastfeeding a few times, call the lactation consultant so we can help find out what might be going on.

**“Don't let anyone discourage you from doing what's best for your baby. There are plenty of other mothers out there that can offer support if you need it.”**

**“I had to return to full-time work at 12 weeks. Having that special connection to my little one, that only I could provide for her, helped me deal with taking her to day care.”**

### **What if my baby is born prematurely?**

Full-term babies are born with fat and fluid stores that are meant to last until milk supply normally increases by about the third day. A premature baby has often been born before those stores have occurred. For that reason, preterm babies sometimes need extra food for a short time until amounts of milk have increased.

Breast pumping makes it possible for your baby to get as much milk as you have. Formula is needed for many preterm babies just until milk supply is up. Preterm babies are also often sleepy and may not be able to breastfeed well at first. Pumping will help stimulate breasts and milk supply.

### **I have trouble breastfeeding in public.**

In the first weeks, most women feel that it is difficult to be discreet about breastfeeding. You may be working on the latch, or helping your learning baby. Often it requires you to open up your shirt to see that the positioning is correct. As your baby gets better at breastfeeding, you will likely find that you are thinking less about how you do it, and your baby will practically find your breast without help.

Try to wear tops that open wide or lift from the waist. Nursing bras that you can open with one hand can be helpful. Using a pretty blanket, shawl, or large scarf to cover yourself may make it easier to breastfeed in public. Some women just decide that private breastfeeding works best for them.

### **I'm tired. Can we feed our baby a bottle?**

Many studies have shown that early bottles cause problems for breastfeeding. Milk production falls, many babies do not nurse as well after being given the bottle, and women end up stopping breastfeeding before they planned. For these reasons, we encourage you to avoid bottles for the first 4 to 6 weeks.

## Questions?

Your questions are important. Call Lactation Services if you have questions or concerns.

**Lactation Services:**  
**206-598-4628**  
**Monday through Friday,**  
**9 a.m. to 9 pm.**  
**Weekends and holidays,**  
**9 a.m. to 1 p.m.**

If you decide to give a bottle, try to express or pump milk at about the time your baby would be eating. This will help you keep up your supply. Talk to the lactation consultant if you feel you need to include bottles in your feeding plan. We can help you meet your breastfeeding goals. You may want to read *Pumping and Storing Breastmilk*, pages 61 to 64 in this booklet.

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