

FEEDING YOUR NEWBORN

HOW TO BURP A BABY:

- Burp the baby when switching breasts, in the middle and the end of the bottle.
- Burp the baby again once they finish eating. The baby may spit up when burping. This is normal.
- Hold the baby in any of the following positions to help them burp:
 - Hold baby against your chest or shoulder. Support their bottom with one hand. Use your other hand to gently pat or rub their back.
 - Sit the baby upright on your lap. Use one hand to support their chest and head. Use the other hand to gently pat or rub their back.
 - If the baby did not burp, no panic, this is normal.

HICCUPS:

The best way to stop it is to feed the baby (breastfeeding or bottle feeding).



REGURGITATION:

- Happens during burping, if they feel too full.
- If it's often and like vomiting consult your doctor.

BREASTFEEDING:

- Infants should be fed breast milk exclusively for the first 6 months after birth.
- Breastfeed the newborn on demand.
- Pay attention to position of breastfeeding so it won't give sore nipples.
- Follow baby's cues to know when it is time to breastfeed.

BREAST PUMPING:

- If the mom for a reason cannot directly breastfeed, pumping is the second option.
- When the mom is exclusively breast pumping, the plan is to pump 8-10 times in a 24 hour period, as if breastfeeding the baby.
- More milk production in the morning hours. Volumes gradually decrease during the day into the evening.
- Breast milk volumes are dependent on many variables and each breast may produce different volumes.
- If the baby did not finish the bottle of breast milk, do not throw it. Put it in the fridge for the next feeding.



BREAST MILK STORAGE:

TEMPERATURE STORAGE TIME

Freshly Expressed Milk

Warm room	27-32 °C	3-4 hours
Room temperature	16-26 °C	4-8 hours
Insulated cooler / icepacks	15 °C	24 hours

Refrigerated Milk

Fresh milk	0-4 °C	3-8 days
Thawed milk	0-4 °C	24 hours after all the milk is thawed

Frozen Milk (DO NOT refreeze when thawed, store at back away from door)

Freezer compartment inside refrigerator (same door for refrigerator/freezer)	Varies	2 weeks
Self-contained freezer unit of a refrigerator/freezer	<4 °C	6 months
Separate deep freeze	-18 °C	12 months

FORMULA FEEDING:

- Use sterile nipple and bottle for each feeding.
- Give newborn one formula bottle every 2 to 4 hours and increase the quantity gradually.
- Verify the formula concentration on the box (number of scoop for milliliter of water).
- When the baby is done feeding and some formula is left in the bottle, throw it after 30 min of the feed. Do not leave it more or in the fridge.
- After sterilization, bottles are not sterile to use if we keep it in the sterilizer.
- We should put it in the refrigerator. It is sterile for 24 hrs in the refrigerator.

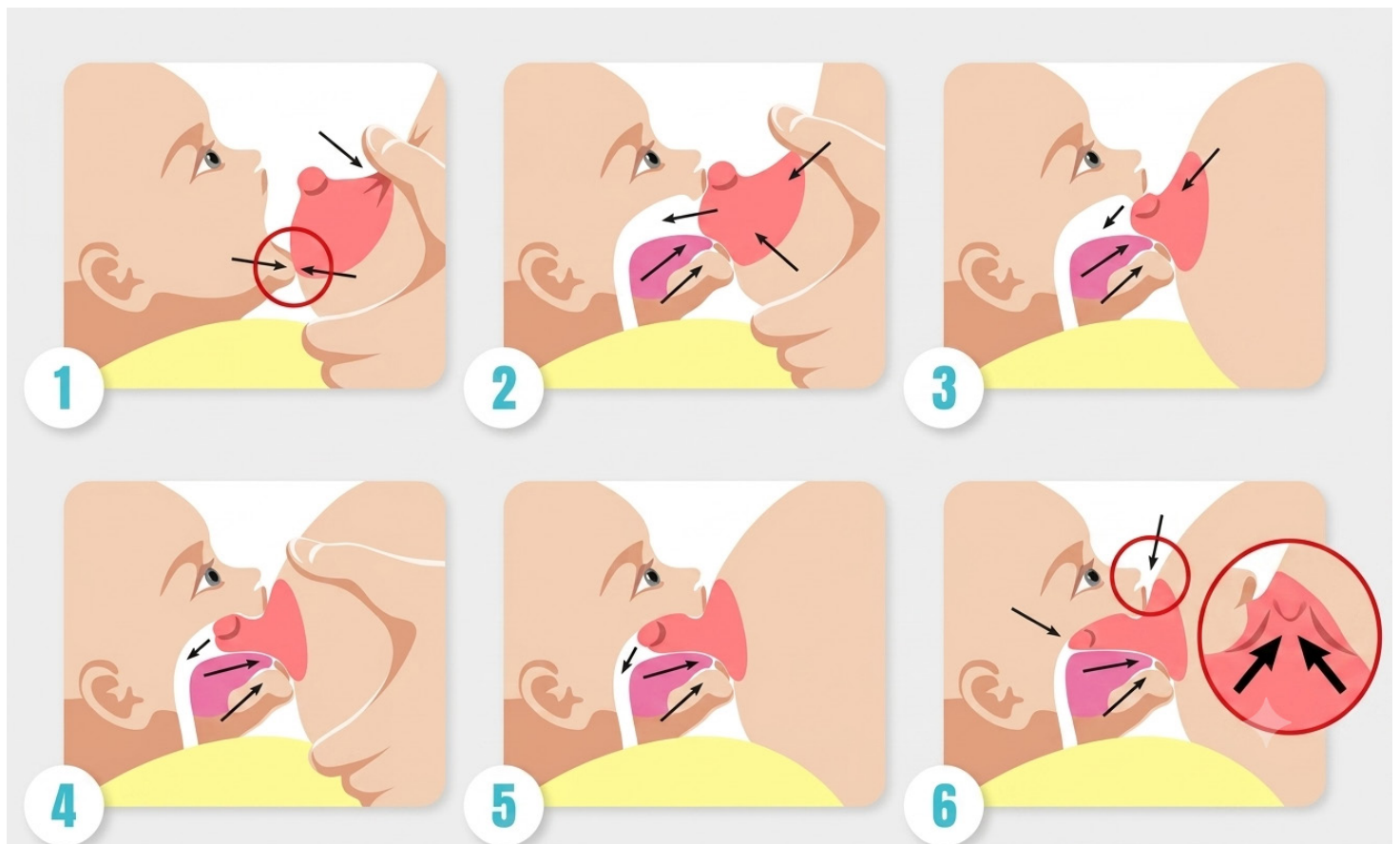
BREASTFEEDING POSITION:

This is the classic 'front hold' or 'cradle position'. The 'underarm position' shown below is also known as the 'footy hold'. It's possible to feed twins together in this position. The 'lying down' position is particularly good for mums who've had caesareans or if your bottom is sore after the birth.



LATCHING POSITION:

Use a “sandwich hold” to achieve a better latch on. Gently squeeze the breast to shape it like an oval that fits deeply in you baby’s mouth. Look for a wide mouth on the breast.



FEEDING CUES:

Babies show the same signs of being ready to feed however they are being fed.

Early cues- "I'm hungry"



Stirring



Mouth Opening



Turning head
Seeking / rooting

Mid cues- "I'm really hungry"



Stretching



Increasing
Physical movement



Hand to mouth

Late cues- "Calm me, then feed me"



Crying



Agitated body
movements



Colour turning red

Time to calm crying baby

Cuddling

Skin-to-skin on chest

Talking

Stroking



FEEDING SIGNS:

Signs of good feedings

- Feeling a deep, strong pulling sensation without sharp pain
- Consistent sucking with only brief pauses
- Hearing swallowing (after the milk comes in)
- Latch-on is easy
- Vigorous sucking at the breast
- Breasts are softer after the feeding
- Seeing milk in your baby's mouth
- Feeling a let-down reflex or seeing a change in the baby's feeding rhythm
- Adequate wet diapers and stool
- Minimal weight loss during first few days
- Baby regains birth weight by 2 weeks

Signs of poor feedings

- Feeling pain during feedings
- Sleepy baby
- Inconsistent, flutter (weak) sucking
- Difficulty latching-on and staying on
- Clicking or popping sounds in your baby's mouth
- Prolonged nursing (more than 20-25 minutes on each side)
- Infrequent nursing (baby does not wake to feed)
- Baby is not satisfied at the end of the feeding
- Engorgement
- Inadequate wet diapers and stools



LAU Medical Center – Rizk Hospital
Zahar Street, Achrafieh
Beirut, Lebanon
Emergency Department
Telephone: 01-200800 Ext: 6040
info@laumcrh.com
laumcrh.com