

JANE AND IDA

BREASTFEEDING PLAN 25.08.20

GOALS

TO PROVIDE A COMFORTABLE AND SATISFYING NURTURING EXPERIENCE FOR BOTH THE MOTHER AND HER BABY
ENABLE OPTIMAL GROWTH AND DEVELOPMENT OF BABY
PROVIDE INNATE IMMUNE PROTECTION FOR THE BABY DURING THE BREASTFEEDING PERIOD
FACILITATE MUTUALLY BENEFICIAL PHYSICAL, COGNITIVE AND EMOTIONAL INTERACTION FOR MOTHER AND BABY

BABY



Ida is beautiful. You have done a wonderful job to have such a sociable well adjusted baby

Ida is growing perfectly and getting all the milk she needs, this is a great achievement



Try to offer the breast to Ida 2-3 times a day. For ~5-10 minutes each breast. Think of it as practice for you both.



Talk to her before feeds to calm her, talk to her about your breastfeeding relationship. Give her what ever top up volumes you have been

MILK SUPPLY



It's great you have got such a brilliant supply



It would be good to cut back to about 800-900mL /day
To do this: single express for 10 minutes each side, 4 hourly



This will give you more time away from the pump to relax and enjoy your baby

MUM



Your breastfeeding positioning looks perfect. It's a work in progress and you will both find it easier the more you do it. You looked great lying down feeding

It has been a really tough road for you so far which has knocked your breastfeeding confidence over the next weeks we will rebuild



Contact me if you need. I'm your personal consultant.



Rest heaps, eat well and drink plenty of water. Take all offers of help from everyone!

PAIN



Pain with breastfeeding is not normal. It is debilitating and stressful. You may still have some microorganisms and possibly micro cracks causing the pain. You have vasospasm as a result of these insults. Wear the silverettes, these reduce microorganism growth. Use warm packs if you are getting pain from vasospasm See Dr Marnie Rowan next week



Try without and with the shield. The pain may decrease significantly when your milk starts to flow.



Cathy Garbin Midwife, CHN, IBCLC
0407778183

cathygarbin@cathygarbin.com
www.cathygarbin.com

facebook; Cathy Garbin-Lactation Consultant