

Hey, mama! You're in the right place. I'm here to support you along your breastfeeding journey!

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Don't say I didn't try to tell ya!

Advice for the First 5 day:

The birth of your baby is an exciting time. However, when it comes to breastfeeding this can pose a challenge for many moms. Although breastfeeding is natural, it does not necessarily come naturally and that's OK! Early and regular stimulation to the breast is KEY in the first few days. This is what encourages breast milk production. This sends a signal to your body to make that LIQUID GOLD.



Here you will find my personal tips to help get through the first five days of your breastfeeding journey and beyond.

1. **Be Patient:**

Don't stress about your MILK Supply. This is really important. Many moms expect to see milk flowing from their breasts immediately after giving birth. It is not that simple. There is a process to milk production. Your body needs time to adjust to the birth of your baby. The first milk your baby will get is called Colostrum. This milk is thick, yellow, and contains antibodies to protect your newborn from disease.

***Colostrum contains everything your baby needs to transition to life outside your body. Babies' tummies are tiny and when born are the size of a cherry. Babies typically only need about 1-4 teaspoons of colostrum each feeding on day 1-2. So, even though you may not see much milk in the beginning, don't panic! Once you give birth your body decreases in the pregnancy hormones and it increases in lactation hormones. You are in the milk production

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phase, mama. Remember, with consistent breast stimulation by nursing, pumping, and or hand expression your mature milk will begin to come in. This typically happens between days 2-5. Sometimes later. This too, is ok!

2. **Be Prepared:**

- *Be prepared to breastfeed A LOT.* There should be constant breast stimulation, especially in the early days. "Feed on Demand" is key. This can be as often as 10-12x within a 24 hr. period. Newborn babies need to feed a lot. This is normal. For those mamas who pump or hand express, you should try your best to remove your milk often and effectively. It's recommended to do so at least every 1.5-3 hrs. Or 10-12x or more for the first 12-24hrs. This sends the message to the body to get things flowing... and I mean literally. .
- *Be prepared for tender/ sore nipples.* This is a part of the process! It's important to know this is pretty common and does get better with time. Applying nipple cream and or breast milk to the nipples can help. Also, allowing the breast to dangle can help as well. I recommend wearing loose fitting bras and tops. You can also use nipple shells, or milk saving cups to help with sensitive nipples. Remember, there's a surge in hormones at this stage.
- *Be prepared for engorgement.* This is when your breasts become uncomfortably hard, warm/ hot, and feel extremely heavy. Many mamas express feeling like their breasts are

about to burst. This is normal and happens during the regulation phase of lactation. .

- *Be prepared to be exhausted.* You will be exhausted and that's understandable. You just gave birth. Be easy on yourself. Lean on support. It's ok to ask your partner/ other's for help.
- *Lastly, be prepared for your baby to lose weight* within the first days of life. Healthy newborn babies are expected to lose 7-10% of their birth weight, but should regain that weight within 2 weeks. Babies are born with extra fluids due to labor medications and IV fluids during labor, so don't be alarmed. This, too, is normal!

3. **Know your Options:**

If your baby is unable to latch onto the breast for whatever reason, know there are other options if your goal is to breastfeed. This is important because milk production starts once your baby is born and the placenta is released. Delaying breast stimulation for a long period of time sends a signal to your body that you don't need milk. This is why stimulation of the breast early on is so important for future milk production.

*You **DO** have options.*

- Try hand expression: Hand expressing your milk takes some practice, however, this is a good way to stimulate the breast early on without actually nursing.
- Use an Electric or Manual Breast Pump: Using a Breast Pump is another option that can be used to

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stimulate the breast if the baby is unable to latch.

- For mamas who plan or need to exclusively pump, using a hospital grade pump at least for the first 2-3 months is ideal.
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Note: This is Breastfeeding, too. Not every breastfed baby is fed at the breast and that's ok. Being able to give your baby breast milk is still beneficial even when it looks different.

4. Be Open to Try Different Breastfeeding Positions for both you and baby:

Try different Breastfeeding Positions. Find a position that both you and baby are comfortable with. There are 5 different breastfeeding positions. Cradle hold, Crossover hold, Football hold, Laid-back position ("biological nursing"), and Side-lying position. Also, using a pillow or a nursing pillow can help make mama and baby more comfortable.

are more likely to latch on, and more likely to latch on effectively.

- Request to avoid pacifiers and bottles: When possible request that nurses & family refrain from offering your baby bottles or pacifiers. This can interfere with baby latching onto the breast.
- Request to keep baby close: You can request that the baby is left in the room with you. Many times if the baby is full term and has no concerns this is ok. Also, many tests that need to be performed can be done in the same room with you. Research shows that having babies near helps encourage milk production. Being able to smell and touch your baby leads to an oxytocin surge, which stimulates the release of milk from the breast.

5. Make Special Requests: Remember, "My Body. My Baby. My Business"™.

Yup, It's ok to request certain things you think will help the process. You have a right to make requests!

- Request Skin to skin: This is important and research suggests that babies who receive skin to skin

6. Fuel your body, hydrate & get some rest: This is another important component. Once we give birth, we are tired. Beat. Many times food, fluids, and sleep are the last things on our mind. However, these things are important for overall health. Remember, when your body is fueled, hydrated, and rested (to the best of your ability of course) it is able to perform at its best... so eat up, drink your fluids, and sleep when the baby sleeps. You just gave birth. THAT IS WORK, MAMA!

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Being mindful of your well being, too, can definitely help you feel better, at the same time assist in the milk making process.

Suggestions: I recommend enjoying iron filled foods like oatmeal, bone broth soup and drinking hydrating fluids coconut water to help with your wellness after giving birth and to help with milk production.

At the end of the day, take it one day at a time, one feeding at a time. This journey is not easy, but it is possible.

You deserve support. Book your affordable virtual consultation [here](#). You can do this! Good luck, mama.

Mama, I hope you found this information helpful. The Lactating Mama is a community of Mamas just like you. Don't be afraid to ask for support. You deserve it.

FYI: When your journey is near the end, don't forget I can support you through it, too. Check out my resourceful ebook/ guide, "Life after Breastfeeding. How to restore wellness after weaning!". [Download now](#) and save it for LATER! Every Breastfeeding mama will wean at some point. Let me guide you through this stage of your journey, Mama!

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