



ADDITIONAL COMMUNITY RESOURCES

McLaren Flint Lactation Counselor
(810) 342-4896

**Genesee County
Women Infants and Children (WIC)**
The Genesee County Health Department's WIC clinic is staffed with certified lactation consultants and breastfeeding peer counselors who have all breastfed their own babies and are ready to support moms during their own nursing experience.

Burton WIC Office
G-3373 S. Saginaw, Burton
(810) 237-4537

*On Facebook search:
Genesee County Health Department-WIC
<https://gchd.us/get-help/wic>*

La Leche League of Fenton (call or text)
Offers: Breastfeeding Support Meetings and one-on-one support.

*Rachael: (989) 280-6915
Marta: (810) 240-2344
Amanda: (810) 836-5649*

MORE RESOURCES

*[CDC.gov/breastfeeding](https://www.cdc.gov/breastfeeding)
[healthychildren.org](https://www.healthychildren.org)
[womenshealth.gov](https://www.womenshealth.gov)*



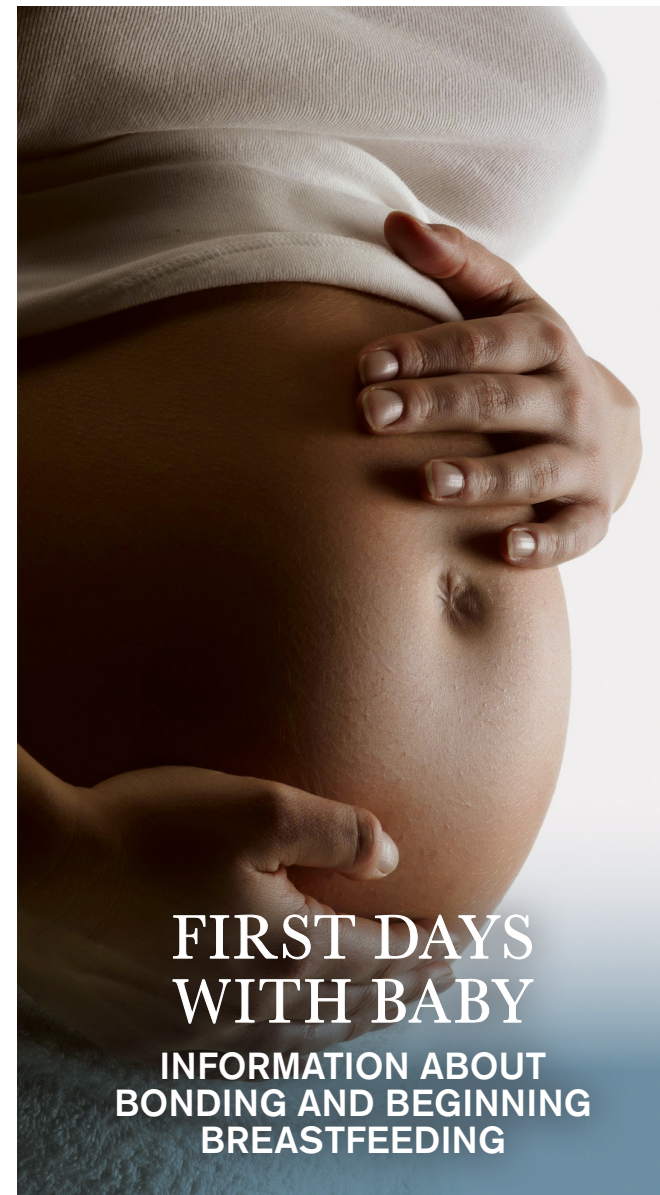
FAMILY BIRTHPLACE

DOING WHAT'S BEST.®

401 S. Ballenger Hwy., Flint, MI 48532
(810) 342-2279

mclaren.org/flintbirthplace

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FIRST DAYS WITH BABY

INFORMATION ABOUT
BONDING AND BEGINNING
BREASTFEEDING



FAMILY BIRTHPLACE

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FIRST DAYS WITH BABY

The moment you've been waiting for is almost here. Soon you will be able to meet your new baby and hold him or her in your arms. Here are some things to know for the first days with your baby...



THE “SACRED HOUR”

Your baby's arrival is a momentous occasion and a reason to celebrate. The first hour after birth is a special time for the baby to get better acquainted with mother and father through smell, touch and sound. Your baby will probably even be interested in eating. During this special time you and your baby will not be separated and we encourage you to devote this “sacred hour” exclusively to snuggling with your baby. The support of extended friends and family is important too. You may find it easier and more relaxing to let your guests know ahead of time that they should expect to meet the new arrival after you have spent the first hour or two bonding with your baby.

KANGAROO CARE

A practice gaining in popularity, since it has been shown to be beneficial to babies, is called “kangaroo care.” As soon as your baby has arrived and been dried, he or she will be placed on your chest. Whether or not you choose to breastfeed, this is how you and your baby first get to know each other, unless your baby first requires special medical attention. Kangaroo care is also referred to as “skin-to-skin” care. Both terms simply mean that your baby will be nestled upright between your breasts. Your warmth, smell, and familiar heartbeat will feel like a warm “womb with a view” to your baby. He will be soothed and calmed which will aid in his development. He may start to root for your breast and try to nurse for the first time. Fathers can hold their babies this way too and feel connected.

Research shows that when a baby is held skin-to-skin as already described, he is assisted in maintaining his body temperature. The temperature of the skin on your chest will rise to heat your baby until he is warm, then it will lower again so that your baby stays at the right temperature.

Babies are usually alert just after delivery and may be interested in suckling during this first skin-to-skin moment. This is a good opportunity to try breastfeeding for the first time. Don't worry if the baby is not interested right away. Keeping the baby warm and close to you will help encourage him or her to soon start breastfeeding.

STAYING TOGETHER

We encourage most mothers to enjoy rooming-in together versus having the baby stay in the nursery. Full rooming-in allows moms to exercise your mothering instincts when the hormones in your body are programmed for it. Studies show mothers and babies who fully practice rooming-in vs. nursery care enjoy the following benefits: babies seem more content and cry less, mothers have fewer obstacles to breastfeeding and the mother's care-giving skills are strengthened. Surprisingly, a rooming-in mother usually gets more rest. She experiences less separation anxiety, not wasting energy worrying about her newborn in the nursery, and in the first few days newborns sleep most of the time anyway.

FEEDING BABY

You will need to nurse your baby as often as he is interested in feeding. At the very least, this should be every two to three

hours during the day and every three to four hours at night for a total of eight to 12 feedings every 24 hours. Calculate the time between feedings from the beginning of one feeding to the beginning of the next. Most feedings usually last 20 to 40 minutes, but do not watch the clock during the feeding. When your baby is a newborn, especially during the first week, nursing sessions can sometimes seem to last so long that you barely have any time to get anything done before the next session begins. Before the mature milk comes in, some babies will nurse quite voraciously because they are hungry. You may notice some cues that your baby is hungry even before crying such as licking, smacking, turning his head from side to side, and putting his fist in his mouth. Feeding should go more smoothly when you can read the early cues.

MAKING ENOUGH MILK

Frequent feedings help increase your milk supply by stimulating all of the prolactin receptors in the breasts. This ensures the greatest milk supply possible. Most mothers make plenty of milk for their babies without having to supplement with formula. Introducing formula into baby's diet while breastfeeding could decrease your milk supply. If you choose to give your baby a pacifier, it is recommended to wait until breastfeeding is well established. During the first week or two, it is common for new mothers to have questions or concerns about feeding and caring for their baby. Our lactation counselor at the McLaren Family Birthplace is available to answer your questions by calling (810) 342-4896.