A Guide for Breastfeeding in the Early Weeks for the Full Term Infant

Local Breastfeeding Resources

❤ Doctor
❤ Midwife
❤ Nurse Practitioner
❤ Lactation Consultant
❤ La Leche League
❤ Local WIC Office

Community Action Program Belknap & Merrimack Counties
(Belknap, Merrimack, Coos and Grafton counties)
1-800-578-2050

Goodwin Community Health
(Carroll and Strafford counties)
1-855-332-4358

Southern New Hampshire Services
(Hillsborough and Rockingham counties)
Manchester 1-800-256-9880
Nashua 1-800-256-9880
Derry 1-855-295-4105
Raymond 1-800-974-2303

Southwestern Community Services
(Cheshire and Sullivan counties)
1-800-529-0005

❤ Hospital Maternity Unit
❤ VNA

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NH Breastfeeding Task Force Statement

The NH Breastfeeding Task Force encourages breastfeeding because:

❤ Breastmilk provides an ideal balance of nutrients for the human infant.

❤ The nutrients in breastmilk are easily absorbed and digested.

❤ Breastmilk contains immune factors and anti-infective properties.

❤ Breastfed infants have fewer allergies.

❤ Breastfeeding allows infants to regulate their intake.

❤ Breastfeeding promotes bonding between mother and infant.

The Healthy People 2030 breastfeeding goals are: 42.4% increase the proportion of infants who are breastfed exclusively through 6 months of age, 54.1% increase the proportion of infants who are breastfed at 1 year.

To reach these goals and work towards achieving the steps in the Surgeon General’s Call To Action to Support Breastfeeding, we support the following strategies:

❤ Inform expectant parents of the advantages of breastfeeding and the risks of formula feeding.

❤ Provide expectant mothers with information on how to prepare for, initiate and maintain lactation.

❤ Encourage practices that support breastfeeding in all sectors of the healthcare system.

❤ Increase public awareness of the benefits of breastfeeding and the risks of formula feeding.

❤ Institute policies in work sites that create a breastfeeding friendly environment.

❤ Keep health professionals informed of available breastfeeding services and information.

Breastfeeding: The gift that lasts a lifetime.

Developed by the New Hampshire Department of Health and Human Services Division of Public Health Services WIC Nutrition Program and New Hampshire Breastfeeding Task Force
Breastfeeding is going well when:

- Your newborn baby nurses frequently, every 1-3 hours, about 8-12 times in a 24-hour period.
- You hear your baby swallowing milk.
- Your baby passes at least 1-2 black, sticky stools in the first day or two. AFTER your milk comes in, your baby will have 3-4 or more yellow seedy loose stools (about the size of a quarter) per day.
- Your baby has at least 1-2 wet diapers a day for the first few days, and has at least 5-6 wet diapers AFTER your milk comes in.
- Your baby is content between feedings.
- You and your baby are comfortable throughout the feeding.
- Your baby regains his or her birth weight by 2 weeks of age.

Some babies may nurse more or less frequently than others. Babies will want to nurse more frequently during growth spurts. Growth spurts may occur at 5-7 days, 2-3 weeks and 4-6 weeks old.

Call for help and support if you observe any of the following in your baby or yourself:

**BABY**

- Your baby will not breastfeed for 2 feedings in a row.
- Your baby is breastfeeding less than 7 times in a 24-hour period.
- Your baby has fewer than 5-6 wet diapers AFTER your milk comes in.
- Your baby’s stools have not become yellow, seedy, and loose AFTER your milk comes in.
- Your baby is not content between feedings.
- You don’t hear your baby swallowing milk during the feeding.

**MOTHER**

- Your breasts have not changed in fullness or size by 5 days after birth.
- You have sore or cracked nipples.
- It hurts to breastfeed your baby.
- You are thinking about stopping breastfeeding.
- You are thinking about introducing formula.
- You have to return to work/school but want to continue breastfeeding.
- You want to rent or buy a breast pump.
- You have a sore or red area on your breast with or without flu-like symptoms.
- You have questions about taking medications while breastfeeding.
- **If you have any questions or concerns.**