During this time, your baby’s weight will grow from 2½ pounds (about the weight of a butternut squash) to 3 pounds (about the weight of a large cabbage). By the end of this period, your baby will be nearing 16 inches in length.

Your baby will start to “plump up” during this time and develop more and more brain cells. Now is a great time to attend a labor preparation class and start thinking of the labor and delivery process. Visit www.muhealth.org/ChildbirthClasses or call (573) 499-6101 to register for classes.

Skin-to-skin
Right after delivery, your naked baby will be placed on your bare chest. We place all healthy babies skin-to-skin for the first hour of life. Babies who are skin-to-skin are warmer, have more stable heart rates and breathing, and cry less. This contact can also help with breastfeeding.

Rooming in
Women’s and Children’s Hospital promotes rooming-in. Research has shown that babies and mothers do best when they are together. Keeping your baby in your room while in the hospital has several benefits:

- You learn your baby's feeding cues (when baby wants to eat).
- You feel more confident about caring for baby once you go home.
- Studies have shown that moms who have their baby in their room get better sleep than moms who send their baby to the nursery.

Pacifiers
Healthy newborn babies do not need a pacifier immediately after birth. Pacifiers can hide the signs that your baby gives to say baby is hungry. Using pacifiers while your baby is learning to breastfeed can affect your milk supply. We do not give healthy, term babies pacifiers until breastfeeding is well established. This usually happens about 3 to 4 weeks of your baby’s life. We do recommend pacifiers after breastfeeding is well-established because they decrease your baby's risk of Sudden Infant Death Syndrome (SIDS).

Is this your last pregnancy?
Some women want to choose a permanent form of pregnancy prevention. If you would like a tubal ligation (tubes tied), let your prenatal provider know. Many insurance companies require special paperwork to be signed 30 days before you deliver.

Questions for my provider
How To Breastfeed Your Baby

Feeding Cues and Demand Feeding

How do I know when to feed my baby?

Feed your baby whenever it seems that she wants to eat. Even though babies cannot "talk," they can give us signals to let us know that they are hungry. We call these signals hunger cues.

**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
How do I hold my baby to breastfeed?

Comfort and position are two keys to successful breastfeeding. Learn how to correctly position your baby at the breast. Choose the hold that works best for both of you. You may need to change holds as the baby grows.

Always make sure your baby is tummy-to-tummy with you. It is much easier for your baby to swallow if his head, neck, and body are all in line.

(Try swallowing while looking over your shoulder - it is very hard to do!!)

The cradle hold (left) and the cross-cradle hold (right) give you a free hand to hold the breast or caress your baby.

Cradle Hold
- Sit upright, making sure you have back support. Raise your baby to breast height. Use pillows or a chair with armrests.
- Keep your knees level with your hips. Put a stool or pillow under your feet if needed.
- Cradle your baby. Make sure your baby's back and bottom are well supported. Also, make sure your baby's ears, shoulders, and hips are in line.
- Rest your baby's head in the crook of your arm (cradle hold). Or support your baby's head with one of your hands (cross-cradle hold).

You can use the football hold to breastfeed two babies at once.

Football Hold
- Place a pillow at your side. Lay the baby on the pillow. Place the back of the baby's head in the palm of your hand. Your forearm should support her shoulders and spine.
- Tuck your baby's legs between your arm and body, as if you were clutching a football.

The side-lying hold may be helpful if you are recovering from a cesarean delivery.
Side-Lying Hold
- Stretch out on your side with your baby tummy-to-tummy with you. Use pillows to support your head, neck, and back.
- Support your baby’s head, neck, and back with your hand.
- To switch breasts, gather your baby close to your chest. Then roll onto your other side to feed from the other breast.

How do I get my baby to latch onto my breast?

Babies use their lips, gums, and tongue to suckle (take milk from the breast). Your baby is born with an instinct for suckling. But it takes time for you and your baby to learn how to breastfeed. There are steps you can take to support your baby’s natural instincts.

STEP ONE: Get Comfortable

STEP TWO: Face baby toward the breast - making sure that the baby's belly is against your belly. Make sure that your baby's head and neck are in line with the body.

STEP THREE: Tickle the baby's lip with your nipple - you can even squeeze some colostrum onto the nipple to wake the baby up. Your baby will open the mouth wide.

STEP FOUR: Bring the baby towards the breast. Your baby should have as much of your nipple and surrounding breast in the mouth.
STEP FIVE: Your baby's latch should be comfortable. A painful latch is a sign that something needs to be adjusted. Your baby's lips should be curled out (so that baby looks like a duck). If the lip is rolled in, this can cause pain. Your nipple should be pulled deeply into your baby's mouth.

Why is a good latch important?

- A good latch makes sure that your nipples do not get sore.
- A baby that is latched on well gets more milk from the breast.
- When the breast is emptied well, you will make a great milk supply!

How Often Should I Feed My Baby?

Newborns should be nursed whenever they show signs of being hungry. Babies don't eat on a regular schedule. You should feed your baby 8 to 12 times in a 24 hour period. Remember:

8 or More in 24
Sometimes babies will nurse very frequently (this is called cluster feeding) and then will take a break that is several hours long. This is very normal.

Just remember: Feed your baby early and often.

Frequent feeding makes sure that you will make a terrific milk supply!

No follow up information was provided.
Formula Feeding?
What the Baby-Friendly Hospital Initiative can do for you

You have chosen to feed your baby formula for one of two reasons; either your doctor has recommended that you not breastfeed or, after hearing about the benefits of breastfeeding, you have decided that you wish to use formula instead. Some patients feel that if they are not breastfeeding, the Baby-Friendly Hospital will not particularly help them – and some patients may even feel afraid of delivering at a Baby-Friendly Hospital if they are formula feeding. The goal of our prenatal and hospital education is to ensure that you have been given the most accurate information so that you can make an informed choice for your family.

Even if you choose to use formula (because you want to or you have to), the Baby-Friendly Hospital is still the best place to have your baby. Here is why:

In a Baby-Friendly Hospital, the staff go out of their way to keep you and your baby together during your entire hospital stay. If you and your baby are healthy, your baby will go to your chest right after delivery and be skin-to-skin. This bare baby on your bare chest helps to stabilize your baby’s heart rate, temperature, and breathing rate. This contact is also a great way to bond with your new baby. We even do this skin-to-skin process in the operating rooms after a cesarean delivery.

We keep babies skin-to-skin for at least one hour after delivery. We delay all examinations, baths, and weights until this time has passed. Most mothers find this to be a special time and very much appreciate how beneficial it is for their baby.

A Baby-Friendly Hospital also works very hard to keep you and your baby in the same room during your entire hospital stay. It is actually much easier for your nurse to send your baby to the nursery and let you sleep all night. While this may be the easiest for the hospital staff, it deprives you of precious bonding time with your baby. By rooming-in with your baby, you will learn to recognize when your baby is hungry. You will learn to swaddle, soothe
and comfort your baby. Mothers find that the quality of sleep that they get is actually better when they room in with their infants than when the baby goes to the nursery. Your baby wants to be with you. When you go home from the hospital, it is also recommended that you sleep with your baby in your room.

In a Baby-Friendly Hospital, your baby’s doctor will also come to the room to examine your baby. This offers you the opportunity to meet our infant care providers and ask questions. We want to prepare you to take care of yourself and your baby so that you will all do well when you go home. We want to give you every opportunity to ask questions and learn.

A Baby-Friendly Hospital also works very hard to educate parents on how to effectively and safely feed their babies. We will teach you one-on-one how to safely prepare formula. We will teach you to recognize when your baby is hungry and full. We will also discuss how much your baby should be eating with each feed. Often, formula fed babies are given too much formula with each feeding. Overfeeding can lead to excessive weight gain and vomiting. A Baby-Friendly Hospital works as hard with our formula mothers as our breastfeeding mothers to make sure that they are prepared to go home.

Babies who are breastfed enjoy a lot of skin-to-skin contact and eye contact. Your nurse will work with you to ensure that your formula-fed baby experiences these same wonderful experiences with you.

We want every mother to feel educated and supported when they deliver at the University of Missouri Women’s and Children’s Hospital. We hope you feel confident feeding your baby when you leave our hospital so that your child can grow to be strong and healthy.

For more information on the Baby-Friendly Hospital Initiative, please visit: https://www.babyfriendlyusa.org

No follow up information was provided.