

HOW TO TELL IF YOUR BABY IS GETTING ENOUGH MILK:

Every mother-baby pair is different! That makes it hard to say exactly how your baby should be eating. In the first few days, your baby is getting rich, yellow colostrum (first milk). Signs that your baby is getting enough milk:

- One or two periods per day when your baby is alert, bright-eyed, and looking at your face
- A baby who wants to eat every 1-3 hours is generally satisfied between feedings, however-it is common for newborns to “cluster feed” (need to be breastfeeding very frequently) for a daily 4-6 hour stretch, often followed by a long period of sleep. This is normal behavior and helps stimulate an ample milk supply as your baby becomes an expert at latching and removing milk.
- Nurse at least 8-12 times in 24 hours
- At least 3-4 wet diapers per day by day 3 of life
- The normal change in stools over the first 2-5 days of life:
Meconium (dark green, tarry) to transitional stools (lighter green or brown) to breastmilk stools (yellow, seedy or loose).

After 3-5 days, when your milk increases you will also notice:

- Your breasts feel full before a feeding and softer afterwards
- A letdown sensation or milk dripping from the other breast
- You can hear your baby swallow
- You can see milk in your baby’s mouth
- Baby is having dirty diapers.

After the first week, your baby should:

- Nurse at least 8-12 times in 24 hours
- Nurse about 10-20 minutes at each feeding
- Be happy during a feeding
- Gain about 4-7ozs per week (after a small weight loss the first week)
- Return to birth weight by 2 weeks of age
- Have 6 or more pale colored, wet diapers in 24 hours
- Have 4-12 stools in 24 hours
- Be alert and bright-eyed for several periods each day

Call your baby’s doctor if:

- Your infant sucks only briefly, very soft or irregularly
- Your baby is very jaundiced and getting more yellow
- You have severe, constant nipple pain
- Your baby fights the breast or cries after a minute or two
- Your baby has fewer than 6 wet diapers a day
- Your baby seems weak, tired or not interested in feeding
- Your baby has little or no stool or has dark green mucus stools

Helpful National Resources

US DHHS, Office on Women’s Health, www.womenshealth.gov/breastfeeding 1-800-994-9662

La Leche League International, www.llli.org
kellymom.com

For information on medications and breastfeeding: 806-352-2519



SOUTHEAST NEBRASKA *Breastfeeding* Coalition

Breastfeeding Resource Directory

This resource directory was put together by the Southeast Nebraska Breastfeeding Coalition. The Coalition is comprised of healthcare providers and breastfeeding advocates with the common goal of promoting and supporting breastfeeding in Southeast Nebraska.

To contact us or get involved:

Brooke Chaney

Phone: 402-274-3993

Email: brooke@sedhd.org

Southeast District Health Department

2511 Schneider Avenue, Auburn NE 68305



Your delivering hospital can be your best resource! They may offer a lactation consultant, classes or support groups. Talk with your nurses to find out what resources are offered.

Community Resources

CHI-St. Mary's

Contact: Ashlee Miller RN, BSN, CLC

Address: 1301 Grundman Blvd, Nebraska City

Phone: 402-873-8955

Services: On-site breastfeeding support & support group meetings, free of charge.

Other services for new parents: Child birth education classes and refreshers for new and experienced parents and car seat safety education.

Availability: Services available to all.

Community Medical Center

Contact: Tiffany Johansen RN, BSN, CCE, CBE or Sara Rue, RN, CCE, CBE, CPST

Address: 3307 Barada St., Falls City

Phone: 402-245-6571 or 402-245-6520

Services: On-site breastfeeding consultation and support. Newborn RN Home Visit & breastfeeding support.

Other services for new parents: Child birth education classes, child passenger seat technicians offer car seat checks and education.

Availability: General public in and around Richardson County.

La Leche League

Contact: Sandy Davis, La Leche League Leader

Address: 72747 648A Ave, Brownville

Phone: 402-825-4411

Services: Telephone support

Availability: General public in SE Nebraska

Mom-eez Breastfeeding Support

Contact: Kelly O'Flaherty, RN, BSN, CLC, ANLC

Address: 1720 Central Ave, Nebraska City

Phone: 402-209-0949

Services: Breastfeeding consultation (telephone, in-office or on-site), Mom-eez Group, infant weight checks.

Other services for new parents: Cloth diaper service, Facebook Support

Availability: General public in SE Nebraska, SW Iowa

Nemaha County Home Health

Contact: Jere Gravatt, RN

Address: 2022 13th Street, Auburn

Phone: 402-274-6115

Services: Breastfeeding consultation through Home Health visits.

Availability: Physician referral

Southeast District Health Department

Contact: Brooke Chaney, CLC, CPST or Chris Eltiste, RN, CLC

Address: 2511 Schneider Avenue, Auburn

Phone: 402-274-3993

Services: Breastfeeding consultation (telephone, in-office or on-site).

Other services for new parents: Growing Great Kids home visits and free Newborn RN home visit. child passenger seat technicians offer car seat checks and education. Adult & infant immunization program.

Availability: General public in Johnson, Nemaha, Otoe, Pawnee, and Richardson Counties.

WIC-Women Infants and Children Nutrition Program

Contact: Vicky Teten, WIC Nutritionist/CPA, Baby Behavior Champion, CLC

Address: 1922 "P" Street, Auburn

Phone: 402-274-3405

Contact: Diane Clifton, WIC RN, NSC and CLC

Address: 257 Greeley Street, Tecumseh

Phone: 402-335-2988

Services: Breastfeeding consultation and support.

Breastfeeding Supplies



Breastpump rentals, sales and supplies are available at:

KexRx, 120 E. 18th, Falls City, NE (402) 245-2029

Milkworks (will mail breastpumps and supplies) (402) 423-6402

The health care law requires most health insurance plans to provide breastfeeding equipment and counseling for pregnant and nursing women. You may be able to get help with breastfeeding at no cost. Contact your insurance plan for questions about your breastfeeding benefits.