

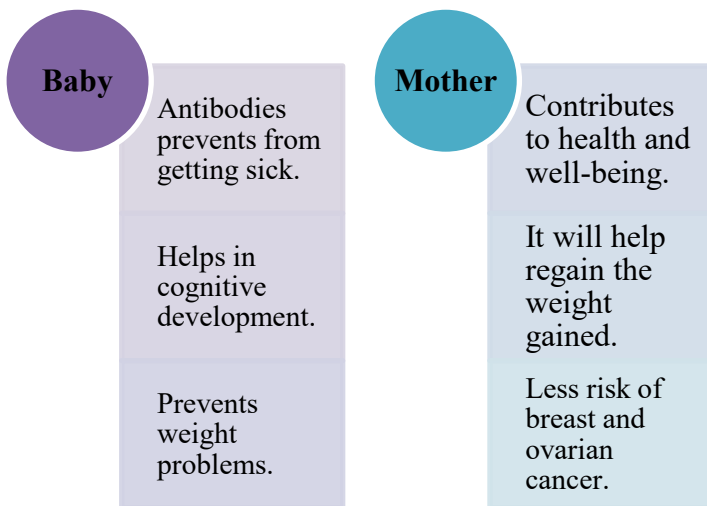
## Breastfeeding

Breastfeeding is the natural process in which the mother feeds her newborn baby through her breasts. It is the first natural food offered that contains nutrients and provides all the energy to help the baby grow and become a strong and healthy child.

### Components of breast milk

- Fats
- Carbohydrates
- Proteins
- Vitamins and minerals
- Anti-infective factors
- Bioactive factors

### Benefits of breast feeding



Women who do not have health problems should try to exclusively breastfeed for at least the first six months of the baby's life.

### How to hold the baby to breastfeed?



Choose a position that is comfortable for you. The baby should be able to angle the head back slightly in any position, to be able to lift off. Let the baby start sucking when is ready.

**Crossover position:** Hold the baby with the opposite arm opposite of the breast you use to breastfeed.



**Classic position:** Make sure your baby's head rests in the fold of your arm, near the elbow.



**Ball or underarm position:** This position works best if mom is sitting up. The baby will be lying on back side.



**Side-lying:** Place the baby on one side, so will be facing mom. Hold the baby's back.



### How to help the baby latch on well?

- Hold it in line with your nipple.
- The baby ear, shoulder and hips should be positioned in a straight line.
- Lightly touch your baby's lower lip with your nipple to allow open the mouth wide.
- Quickly place the baby against your chest. Try to leave space between the baby's nose and your chest, so will be able to breathe easily.
- Make sure the baby's lower lip and chin touch the areola first (dark area around the nipple).



### Signs that the baby is adhering on correctly

- You can hear when is swallowing.
- Your breast and nipple don't hurt when you breastfeed.
- The nipple is the same shape after the baby finishes as when it started.
- The breast is smooth, without wrinkles or dimples.

### How to know if the baby is getting enough to eat?

- Baby's feeding session on demand (8 to 12 times in 24 hours).
- The baby seen, heard swallowing, and pauses while swallowing.
- Mother's breasts feel less full after each feed.
- The baby gains 4 to 7 ounces per week, after the first 5 days after birth.
- Urine and poop between 6 to 8 diapers per day (from the first 48 hours).

### Baby hunger signs

- Incline the head and raises arms.
- Can make sounds.
- Sucks on hands and fists.
- Crying is a late sign of hunger.

### Sign of satiety in the baby

- The baby finishes and withdraws from the breast on his own.
- Hands are relaxed.
- The baby may fall asleep.



### When should you contact your doctor?

- If the baby has fever.
- If the mother feel like is not making enough milk for the baby.
- One or both of the mother breasts are red, swollen, sore, warm, or hot.
- If the mother is depressed.

### How to store the expressed milk in the case of not having electricity?

Freshly expressed milk	
Room temperature (77°F) or colder	Up to 4 hours
Insulated fridge with ice packs	Up to 24 hours
Refrigerator (40° F)	Up to 4 days
Freezer (0°F)	Up to 6 months
Thawed milk (previously frozen)	
Room temperature (77°F) or colder	1 to 2 hours
Insulated fridge with ice packs	1 to 2 hours
Refrigerator (40° F)	Up to 24 hours
Freezer (0°F)	Do not refreeze

Breastmilk that is left over from a feeding, should be used within 2 hours after baby have finished feeding.

### Social and Emotional Aspect

For recommendations, tools, and resources on how you and your family can deal with emotional and physical concerns that arise during and after your medical treatment, please visit your primary care physician or contact the following phone lines:

#### First Health Call

1-844-347-7801  
TTY/TDD: 1-844-347-7804

#### APS Healthcare

787-641-9133

#### References:

<https://medlineplus.gov/spanish/breastfeeding.html>  
<https://medlineplus.gov/spanish/ency/patientinstructions/000639.htm>  
[https://apps.who.int/nutrition/topics/exclusive\\_breastfeeding/es/index.html#:~:text=La%20leche%20materna%20es%20la,tercio%20durante%20el%20segundo%20a%C3%B1o.](https://apps.who.int/nutrition/topics/exclusive_breastfeeding/es/index.html#:~:text=La%20leche%20materna%20es%20la,tercio%20durante%20el%20segundo%20a%C3%B1o.)  
<https://medlineplus.gov/spanish/breastfeeding.html>  
<https://www.cdc.gov/breastfeeding/recommendations/alimentos-para-los-bebes-despues-de-un-desastre.html>

Prepared by licensed Health Educators.

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