# Baby Feeding Timeline - Birth to 48 Hours

## **Cues for feeding**

Early cues: "I'm hungry"

Stirring Mouth Open



Mid cues: "I'm really hungry"

Hand to Mouth Stretchina

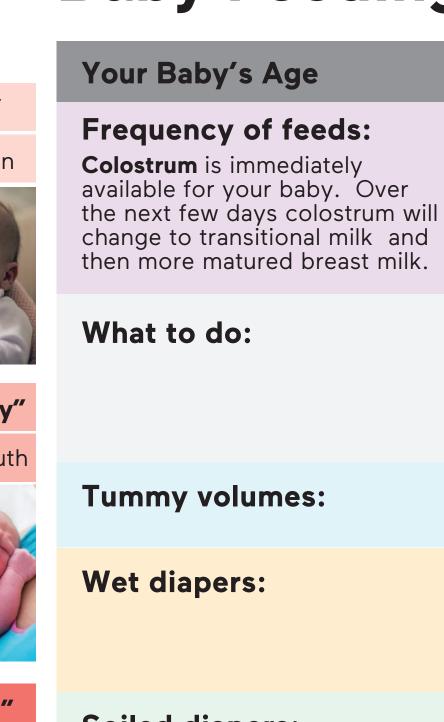


Late cues: "Calm me first"

Really Upset Crying







# then more matured breast milk. What to do: **Tummy volumes:**



#### Soiled diapers: at least 1 black meconium Number and colour in the first 24 hours

of stools

## Getting help:

If latching is difficult, or you are separated from your baby, this section offers tips to protect your milk supply and to assist you in offering breast milk as a supplement until you are able to latch.

 If your baby is at SickKids or in the NICU, hand expression and/or pumping should be started

at least 1 wet diaper

in the first 24 hours

- Your nurse will help you
- Your nurse will help you

6 to 12 Hours

in the first 12 hours

size of a cherry

skin to skin

hand express

2 feeds

• latch

- Attend a breastfeeding class
- Meet the Lactation Consultant during the class if you are having breastfeeding challenges
- Your nurse will assess your feeding and get you extra help if needed

#### At discharge:

 Your nurse will assess your feeding and speak to you about a Lactation Consultant referral, if needed, and a Public Health referral after discharge

### For extra support:

- Mount Sinai Post Natal Ambulatory Clinic (PNAC) 416-586-4800 x7409
- For local services: ontario.ca/page/breastfeeding ontariobreastfeeds.ca/services

### Skin to skin



#### How to latch

- Baby's body is close, skin to skin
- Baby's head tilts back slightly
- Baby's ear, shoulder and hip are in a straight line
- Use the base of your hand behind the shoulders to bring baby to the breast
- Baby's mouth will be wide open with lips flanged



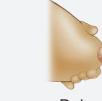




How to hand express







Compress

best start

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at least

1 feed

latch

0 to 6 Hours

skin to skin

hand express

#### an additional at least 8 feeds or more in the next 24 hours an additional (

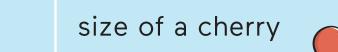
12 to 24 Hours

a total of at least 6 feeds a total of at least **3 feeds** in the first 24 hours

skin to skin

3 feeds

- latch
- hand express



skin to skin

hand express

latch

at least 1 additional black meconium

24 to 36 Hours (clusterfeeding) 36 to 48 Hours

size of a walnut

• supplementing with formula

baby is under phototherapy

baby is not latching



## at least 1 additional wet diaper

Pump if:

for a total of 2 wet diapers between 24 to 48 hours

for a total of 2 soiled diapers

between 24 to 48 hours



