Feed at the first signs of hunger
• Hand to mouth, sucking movements, turning head towards breast
• Soft cooing, sighing sounds or stretching
• Feed before your baby starts crying
• Crying is a late sign of hunger
• Your baby should sleep in the same room as you

Getting a good latch
• Hold your baby belly-to-belly
• Tickle the baby’s upper lip with your nipple
• Point your nipple towards the roof of the mouth
• Baby’s lips are flanged outward with a wide open mouth
• There are no clicking or smacking sounds
• Chin in close to breast, below areola

Watch your baby, not the clock
• Let your baby set the schedule
• Start feeding on the breast that feels the fullest
• Switch sides when baby releases the breast
• It is okay if your baby does not take the second breast at every feeding
• “Cluster feeding” or several feedings in a row at certain times of day are normal. Your baby may want to nurse more during evening hours and at night. This is normal.

Signs your baby is getting milk
• You can hear the baby swallow or gulp
• Baby no longer shows signs of hunger after a feeding
• Baby is relaxed and acts content and satisfied after a feeding
• When your breasts release milk, you may feel:
  - Tingling in your breasts
  - Relaxed, drowsy or thirsty
  - Some contractions in your uterus

Build and keep your milk supply
• Feed at the earliest signs of hunger
• Feed 8–12 times in 24 hours
• Avoid pacifiers or bottles for three to four weeks
• Do not give water to your baby
• AAP (American Academy of Pediatrics) recommends exclusive breastfeeding for six months before adding any solid foods and continued breastfeeding to at least one year of age and beyond

Is your baby getting enough?
• What goes in must come out
• Baby should return to birth weight by two weeks of age
• Three bowel movements in 24 hours by day three
• Bowel movements change from dark black to loose mustard yellow-colored stools by day four
• Five to six wet diapers in 24 hours by day five

Engorgement—breasts fill with milk
• Milk comes in three to four days after delivery
• Breasts feel firm and full for 24–48 hours
• Nurse often
• Place warm compresses on the breasts or take a brief warm shower just before feeding to help milk flow
• Cold compresses between feedings helps with comfort and swelling
• Call your doctor if you develop signs of mastitis: red, swollen, painful lump on breast with fever and flu-like symptoms

If your baby will not nurse
• Wake your baby by undressing and gently touching
• Express milk into baby’s mouth
• Hold your baby skin-to-skin in a reclined position with your baby lying belly-to-belly with you, and cover you both with a receiving blanket
• Pump your breasts every three hours for 15 minutes
• Feed your baby hand-expressed or pumped milk, and call your baby’s doctor for a referral to see a lactation consultant

Call your baby’s doctor if your baby:
• Does not have enough wet and dirty diapers
• Has dark yellow, concentrated urine
• Sleeps through two feedings in a row
• Has yellow color to skin or whites of eyes that is worse than when in the hospital
• Does not have bowel movement in a 24-hour period in the first six weeks of life
• Has dark/black stool present past day four

You are invited to attend our next Baby Café (group for breastfeeding moms)! More information is available on our website. The next group meets ____________________________. To attend a monthly breastfeeding class, call (570) 321-2069. To speak to a Susquehanna Health lactation consultant or breastfeeding counselor, call (570) 321-2092. For more information on breastfeeding, visit SusquehannaHealth.org/Birthplace or PA Department of Health at www.health.pa.us/breastfeeding. To check medication safety while breastfeeding, call 1-806-352-2519.

Please flip the page for more information.
Susquehanna Health

- Williamsport Regional Medical Center
  The Birthplace
  700 High St. | Williamsport, PA 17701
  **Phone:** (570) 321-2092  
  **Email:** lactationteam@susquehannahealth.org
  Consults available by request from your healthcare provider
  **Audrey Gabriel,** RN, BSN, IBCLC  
  **Natalie McCullen,** RN, BSN, IBCLC

- Baby Café (nursing mothers group)
  Dates and times on website
  **Website:** Susquehannahealth.org/Events [category, Childbirth Education Williamsport]
  **Two locations:**
  - James V. Brown Library
    19 E 4th St. | Williamsport, PA 17701
  - The LifeCenter:
    Williamsport YMCA
    641 Walnut St. | Williamsport, PA 17701

Hospital-grade breast pump rentals for general public

- **Dice Surgical**
  1300 Sheridan St. | Williamsport, PA 17701
  (Medela Symphony)
  **Phone:** (570) 322-0656  
  **Hours of Operation:** Monday–Friday, 8:30 am–5 pm
  Saturdays: 9 am–12 pm

Durable medical equipment companies for insurance-covered personal use breast pumps

- **Performance Biomedical Inc.**
  Phone: 1-888-506-3770 or (570) 262-6199

- **Baird Respiratory & Medical Equipment**
  Phone: 1-866-395-7028

- **Edgepark Medical Supplies**
  Website: www.edgepark.com

- **HUBS Home Oxygen and Medical Supplies**
  740 High St. Suite 7002  
  Williamsport, PA 17701
  **Phone:** (570) 326-6521  
  **Fax:** (570) 323-8310

Bi-County WIC Office—Williamsport

612 W. 4th St. | Williamsport, PA 17011
**Phone:** (570) 322-7656

- Personal use breast pumps and rental breast pumps available for WIC clients
- Lactation consults available for WIC clients at the WIC office

WIC Breastfeeding Helpline

**Phone:** (570) 447-4928

Other Resources

- **The Milky Way** breastfeeding support group  
  - open to all mothers

- **Ross Library** (First Thursday of each month, call for more information)
  232 West Main St. | Lock Haven, PA 17745
  **Contact:** Carrie (570) 692-2024

- **Pleasant View Wesleyan Church** (Every other Wednesday of each month, call for more information)
  994 East Penn St. | Muncy, PA 17756
  **Contact:** Autumn (570) 692-2015

- **Kelly Mom**
  **Website:** www.kellymom.com/bf

- **PA Department of Health**
  Website: www.health.state.pa.us
  (click “Health Topics A–Z—then click “Breastfeeding”)

- **Center for Disease Control and Prevention (CDC)**
  Website: www.cdc.gov/breastfeeding/resources/guide.htm

- **International Lactation Consultant Association**
  **Website:** www.ilca.org

- **United States Breastfeeding Committee**
  Website: www.usbreastfeeding.org

- **La Leche League International**
  **Website:** www.llli.org

- **Breast Feeding Inc.**
  **Website:** www.breastfeedinginc.ca

- **Breastfeeding USA**
  **Website:** www.breastfeedingusa.org
  (mother-to-mother support)

Appointments for outpatient lactation consultations with **Audrey Gabriel** or **Natalie McCullen** at The Birthplace are available by a referral from your healthcare provider.

SusquehannaHealth.org