

Breastfeeding Basics

Here are some breastfeeding basics that you may find helpful. Talk to your baby's doctor, nurse or your lactation specialist if you have other questions.

Mother's Diet

No special foods or diets are needed for breastfeeding. Some helpful tips:

- Choose a variety of healthy foods for your meals and snacks each day. Eating healthy will help you and your baby feel well.
- Eat 4-5 servings of dairy products each day. A calcium supplement can help you get enough calcium.
- Drink water or fruit juices when you are thirsty.
- Take your prenatal vitamins as directed by your doctor.
- Limit caffeine and artificial sweeteners in your diet. Caffeine is in chocolate, coffee and tea. Artificial sweeteners are in diet soft drinks and in some low calorie or diet foods.
- Avoid drinking alcohol. Alcohol takes about 2-3 hours per serving to leave breast milk.
- It takes about 4-6 hours for the foods you eat to show up in your breast milk. If you have a family history of an allergy or your baby seems fussy after you eat a certain food, avoid that food and see if your baby feels better. Some babies have a hard time when a mother eats dairy products or vegetables such as broccoli, beans, onions or peppers. If the problem persists, talk to your doctor.
- Avoid weight loss diets. To lose weight, walk more and limit high calorie foods.

Kamelele in Kaajiriri (breastfeeding)

Kamelele ko ekijien am naj kaajiriri Ninnin eo nejom ilo Tittot eo am, ej maron jiban im kabiliklik Euk. Konono iben Takto eo an Ninnin eo nejom, Nooj eo ak dri Jerbal eo am ekijien Ninnin ilo Tittot elane ewor am Kajitok.

Mona eo an Jinen Ninnin eo

Ejelok Mona ak Wawin komman Mona kwonaj aikwoji ilo am naj Ninnin ilo Tittot (**breastfeeding**). Jet kein Kabiliklik ko:

- Kelet jabrewot kain Mona ko bwe enjab ainwot juon ilo aolep Ran. Elane kwoj Mona Kokon ko rej emon nan Mour (**healthy**) enaj jiban euk im Ninnin eo nejom bwe kwon Aenommon im Jokwane.
- Mona 4-5 kojjebar in Mona jen Milok (**dairy**) ilo kajojo Ran. Uno in Di (**calcium supplement**) ej maron jiban euk bwe en bwe am Kaljiom (**calcium**).
- Idak Aibwoj ak Juij elane kwoj maro.
- Idak Uin ko am ekijien am bororo ainwot ke Takto eo am ej karoke.
- Kadikdik lok am idak Kope ak (**caffeine**) im Kein Katonal ko ilo Mona ko kijam. (**caffeine**) ej bar ber ilo Jokleej, Kope im Ti. Kein Katonal Mona ko ejab mol in Tonal (**artificial sweeteners**) rej ber ilo aolep Kola ko an dri Tonal im ro rej jab kanan idak Jukwa.
- Kwon jab idak Dren in Kadek - Arkool. Arkool ej aikwoj iturin 2-3 Awa ilo aolep Dren ko kwar idak bwe en jako jen Milok eo ilo Tittot eo am.
- Ej aikwoj iturin 4-6 Awa bwe Mona ko kwar kone ren walok ilo Milok eo ilo Tittot eo am. Elane ewor Bwebwenato kin jet Mona ko ej komman Kadek iben Armij ro ilo Bamily eo am ak elane Ninnin eo nejom ej kijon abmonono elikin am kone jet kain Mona ko, inem jab bar kone Mona drot en im lale elane Ninnin eo ej emonlok an ber. Jet Ninnin ko rej enana aer mour elane Jinen ej mona Kokon ko rej itok jen Milok ak jet Noppa im Mona ko jen Jiken Kalep ko (**vegetables**) ainwot Brokle, Biin, Anien, ak Pepa (**broccoli, beans, onions or peppers**). Elane ej wonmanlok Aban eo, konono iben Takto eo am.
- Jab kajerbal Wawin Mona ko an ro rej kanan kadiklok enbwen. Bwe kwon drik lok en elap lok am etatal im kadriklok Mona ko rej tonal.

Getting Started

During pregnancy, your body makes milk called colostrum. When you have your baby, your body begins to make breast milk. Your milk supply will depend on how much milk and how often your baby takes from the breast. The more milk your baby takes, the more milk your breasts will make.

The nurses will help you and your baby learn how to breastfeed. Relax and give yourself time to learn.

Your baby may be very sleepy the first few days. Your baby's stomach is small so your baby will need to feed often. You may feel increased thirst while nursing, drowsiness during breastfeeding and mild uterine contractions while breastfeeding the first few days.

Avoid feeding your baby from a bottle, either breastmilk or formula, for the first 3 to 4 weeks or until your baby learns to feed well. Sucking from a bottle is a different mouth action. Bottle sucking may interfere with the baby's nursing at the breast.

After the first 3 to 4 weeks, you can try to feed your baby breast milk through a bottle if you would like. If your baby is not able to breastfeed, you can pump your breast milk, feed your baby the breast milk through the bottle or freeze the breast milk in a closed container for later use.

Wawin Ejino

Ilo am bororo, Enbwinom ej komman Milok en ekor nan Ninnin eo nejom nai etan “Kolejtrom” (**colostrum**). Ilo Iien eo kwoj kalotak Ninnin eo, Enbwinom ej jino komman Milok ilo Tittot ko am. Jonen Milok eo am ej alikar ekijien jonen Milok eo im jonen ekuktkut Ninnin eo nejom ej ninnin ilo Tittot eo. Ilo an elap lok an Ninnin eo ninnin, enaj elap lok an Enbwinom komman Milok ilo Tittot ko am.

Nooj eo enaj jiban Euk im Ninnin eo nejom katak Wawin am kaajiriri Ninnin eo ilo Tittot. Kakije im lelok jidik Iien am naj eminene kin Wawin in.

Ninnin eo nejom enaj maron lukun mejki ilo Ran ko Jinoen. Lojen Ninnin eo nejom ej jonen an drik ke enaj aikwoj ekutkut an ninnin. Kwonaj maron elap lok am maro ilo Iien eo kwoj kaajiriri Ninnin eo, mejki ilo Iien ko kwoj ka ninnin Ninnin eo im komaron bar enjake ekonkon ko iloam ke kwoj kaajiriri Ninnin eo ilo Ran ko jet ilo Ejino en.

Bwukot kilan bwe kwon jab kaajiriri ilo Bato, jokron elane ej Milok jen Tittot eo am ak Milok Bouta ilo Ran ko 3 lok nan 4 Wiik ko ak mai Ninnin eo nejom ej eminene ilo ninnin. Ninnin jen Bato ej uktak mokitkit ko ilo Lonin Ninnin eo. Ninnin ilo Bato ej maron kokure Wawin am Ninnin ninnin ilo Tittot eo.

Elikin 3 lok nan 4 Wiik ko jinoen, kwoj maron kajion kaajiriri Ninnin eo iben Milok jen Tittot eo am ilo Bato elane kwoj kanan. Elane Ninnin eo nejom ejaje ninnin ilo Tittot eo, inem kwoj maron jorme Milok jen Tittot eo am, najdik Ninnin eo iben Milok jen Tittot ilo Bato ak kajwojkwoj Milok eo ilo an juon Nine eo ej tiljek an kilok nan am kajerbal Tokailik.

Feeding Cues

Your baby will give you signs of hunger called feeding cues. Your baby's feeding cues may include:

- Clenched fists
- Hands to mouth
- Licking of lips
- Moving of arms and legs
- Turning the head towards your body
- Sounds
- Crying

Try to begin feeding your baby before he or she becomes too upset.

How is my baby doing with breastfeeding?

Watch for signs that your baby is latched on to your nipple well and getting milk. Signs may include:

- A fast, shallow motion in the cheeks as your baby first latches on that changes to a deep, slow, rhythmic motion.
- Motion near your baby's ear and temple as your baby's lower jaw moves up and down.
- Seeing, hearing, or feeling your baby swallowing.
- Feeling a tingling sensation in the breast.

Is My Baby Getting Enough Milk?

If your baby is getting enough milk, your breasts will be full with milk, soft after feedings and refill between feedings. Your baby will:

- Have 6 or more wet diapers in a 24 hour period
- Sleep between feedings

Kakolle in Mona ko

Ninnin eo nejom enaj kakolle woj non Euk kin an kwole ilo Wawin eo nai etan (**feeding cues**). Kakolle in Mona ko rej maron koba lok:

- Ej kkuul Pain
- Pein ilo Lonin
- Damdim Tien
- Kamokitkit Nen im Pein
- Ukot Bodan non Enbwinom
- Ainikin ko
- Jan

Kajion jino kaajiriri Ninnin eo nejom mokta jen an elap an Inepata.

Ej iet Wawin an Ninnin eo nejo ninnin ilo Tittot?

Kwon mejeke Ninnin eo bwe kwon jele ke ej emon an kalak ilo Tittot eo am im tobar lok Mikok eo. Kakolle ko rej maron koba lok:

- Juon mokitkit eo emokaj, ilo Jeban ke Ninnin eo ejjino kalak ilo Tittot eo im ej uktak nan juon mokitkit eo ej mulol im ralok Wawin.
- Juon mokitkit eo iturin Lojilnin im turdrerde in Badan ilo an mokitkit Atlol ej wonlin im wonlol.
- Kwoj lale, ronjake, ak enjake an Ninnin eo nejom kodalob.
- Kwoj enjake juon Tolinlin (**tingling**) ilo Tittot eo am.

Ej bwe ke an Ninnin eo nejo tobar Milok eo?

Enlane Ninnin eo nejom ej bwe an ninnin, Tittot ko am renaj ubrak kin Milok, bidrudru elikin an ninnin im renaj maron bar ubrak ikotan Iien an ninnin. Ninnin eo nejom enaj:

- Enaj wor 6 ak alon lok Kal tutu ilo 24 Awa
- Enaj kiki ikotan Iien an ninnin

- Have more than 2 bowel movements each day
- Gain weight

A healthy, full term baby who is nursing well does not need extra water or formula. Do not feed your baby extra water or formula unless ordered to do so by your baby's doctor. Talk to your baby's doctor, nurse or your lactation specialist if you do not think that your baby is getting enough milk.

How Often Will My Baby Feed?

Feedings are timed from the start of one feeding to the start of the next. At first, try to feed your baby every 2 to 3 hours during the day and evening, and at least every 4 hours during the night. If your baby gives feeding cues, feed your baby. Your baby may want several feedings very close together. By the end of the first week, your baby will be nursing 8 to 12 times in 24 hours. As your baby and your milk supply grow, your baby may begin feeding less often.

Even after babies are able to sleep for longer periods, their sleep is sometimes disturbed by dreams, hunger or a busy day. Expect that your baby will wake at night and may need to be fed.

Babies have growth spurts in their first 6 months and will nurse more often during them. By feeding more often, your body will make more milk to get through the growth spurts. These spurts often last 3-5 days.

How Long Will My Baby Feed?

Feed your baby until he shows signs that he is full such as slowing down sucking and then detaching himself from the breast, and relaxing his hands, arms and legs. If you stop before your baby is done, your baby may not get the high fat milk. This is the milk that is best for growth.

- Enaj elap lok jen 2 alen in an pijak ilo kajojo Ran
- Enaj elap lok Bounen

Juon Ninnin eo ej emmon an mour im ekar kon Wawin an lotak, im ej emon an ninnin eban aikwoj bar koba lok Ibwoj an Milok Bouda ilo Bato (**formula**). Jab kaajiriri Ninnin eo nejom bar Ibwoj ak Milok Bouda ilo Bato elane Takto eo an Ninnin eo ekar ba bwe kwon lelok. Konono iben Takto eo an Ninnin eo, Nooj, ak dri jermal eo ekijien ninnin ilo Tittot eo am elane kwoj lomnak ke Ninnin eo nejom ejab bwe an tobar jonen Milok ej aikwoji.

Jete alen Ninnin eo nejo ej aikwoj ninnin?

Ien ninnin rej bonbon jen an jino ninnin lok nan an bar jino ninnin tokailik. Ilo Ejino en, kajion kaajiriri Ninnin eo aolep 2 lok nan 3 Awa ilo Ran im bar Jota lok, im barainwot aolep 4 Awa ilo Bon. Elane Ninnin eo nejom ej kwalok Kakolle in Mona, kaninnin Ninnin eo. Ninnin eo nejom emaron kanan elon jet Alen mona rej ekutkut ibendron. Ilo jomlok en an Wiik eo moktata, Ninnin eo nejom enaj ninnin 8 to 12 Alen ilo 24 Awa. Ke Ninnin eo nejom ej rutto lok im jonen Milok eo am ej elap lok, Ninnin eo nejom ej maron iiet lok Alen an ninnin.

Jokron elikin an Ninnin ko jele bwe en aitok lok aer kiki, Ien kiki ko aer ej maron uktak kin aer tonak, kwole ak juon Ran eo elap an mmokitkit. Kwon jele wot ke Ninnin eo enaj maron droj lok ilo Bon im kanan ninnin.

Ninnin ko rej rutto lok mokaj ilo 6 Allon ko jinoen im renaj ninnin elon lok Alen ilo Ien ko. Ke ej ekutkut am kaajiriri Ninnin eo, Enbwinom enaj komman elap lok Milok bwe en bwe jonen ilo Ien ko ej mokaj lok an rutto lok. Ien kein an mojjaj an rutto lok rej 3-5 Ran aitoken.

Ewot aitoken an Ninnin eo ninnin?

Kaajiriri Ninnin eo mai Iien eo ej kwalok Kakolle ko ke emat, ainwot ke ej ralok an ninnin im ke ej kotlok Tittot eo am, im ej kotlok im kaenomman lok Pein, im Nein. Elane kwoj kabojrak an ninnin mokta jen mwoj, inem Ninnin eo nejom emaron jab tobar Milok eo elap lok an emmon. Milok in ej Milok eo emmon tata nan an rutto lok.

Allow your baby to completely finish feeding on the first breast. This may take 10 to 25 minutes. Then offer the second breast. Your baby may feed for a while on that breast, or not want the second breast at all. Alternate the breast you begin with at each feeding. Some mothers track, which breast to begin with by pinning a safety pin to their bra strap.

Waking the Sleeping Baby

If your baby is in a deep sleep, do not wake your baby for a feeding. If your baby is asleep but has some body motions such as eye motion under the lid, active mouth and tongue motion, or sucking in sleep, this is the best time to wake your baby for a feeding.

At night, dim the lights and keep the room quiet. Avoid startling movements. Wake the baby gently by moving your baby or you can change your baby's diaper. If after 15 minutes your baby shows poor interest in breastfeeding, try an hour later.

Talk to a doctor, nurse or lactation specialist if you have any questions or concerns.

Kotloke bwe Ninnin eo ej ninnin nan mat ilo Tittot en kein ka juon. Ejmaron aikwoj 10 lok nan 25 Minot. Elikin kwon jake lok Tittot en kein ak ruo. Ninnin eo nejom emaron ninnin ilo jidik Iien ilo Tittot en, ak emaron jab kannan wot Tittot en kein ka ruo. Ukoktak Tittot ko ilo kajojo Alen am jino kaajiriri Ninnin eo. Jet Kore rej jele Tittot ta en rej kein ijino ie ke rej likot juon Piin ilo kein luklok Nien Tittot eo (**bra strap**).

Wawin karuujlok Ninnin eo ej kiki

Elane ej mulol an Ninnin eo nejom kiki, jab karuujloke bwe en ninnin. Elane Ninnin eo nejom ej kiki ak ej emokitkit enbwinen ainwot an mokitkit Mejan ilo an kilok Mej ko, ej elap an mokitkit Lonin im Loen, ak ninnin ilo an kiki, Iien in ej emmon tata bwe kwon karuuj lok Ninnin eo bwe en ninnin.

Ilo Bon, ka marok lok Laam ko ilo juon Ruum eo ejab elap Anikien ko ie. Jab komman Mokitkit ko ej komman Ilbok. Jidik kake am karuuj lok Ninnin eo ilo am kamokit lok Ninnin eo ak komaron ukot Kal eo an Ninnin eo nejom. Elane elikin 15 Minot Ninnin eo nejom ejab im kannan ninnin, inem kwon bar kajion elikin juon Awa.

Konono iben juon Takto, Nooj, ak dri jermal in ninnin ilo Tittot elane ewor am Kajitok ak Inepata.

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