

BRITISH COLUMBIA

BC LCA

LACTATION CONSULTANTS ASSOCIATION

Get off to a good start:

- Keep baby skin-to-skin
- Let the baby lead the way (laid back, baby led)
- 'Hands-off' support
- Watch for feeding cues
- Gentle waking strategies
- Hand expression (if needed) by 6 hours
- Delay the bath >24 hrs
- Rest and reassurance

Colostrum: It's Liquid Gold!
 Your baby has a small tummy size that is filled easily by frequent breastfeeding. Your baby's tummy grows as you make more milk. Skin-to-skin time and frequent feeding helps your baby learn to feed and builds your milk supply.

Day 3
22-27 mls

Day 2
10-13 mls

Day 1
5-7 mls

Instructions:

- Print on colour printer 8 x 11" paper
- Cut each card out (keep the 2 sides attached)
- Fold so there is a front and back to the card
- Arrange cards inside laminate pages, placing as many cards as possible on each sheet (6-9 cards). Keep a bit of space between cards to allow the lamination to seal around each card
- Laminate the sheet
- Cut carefully around each card (not too close or you will break the lamination seal)
- Punch with a slot hole punch (the same as for ID cards) – available from office supply stores for about \$20.
https://www.amazon.ca/dp/B01FNWJ8YS/ref=pe_386430_121528420_TE_dp_i1
- **Note:** The tummy sizes can be a useful teaching tool to convey the concept of small tummy size in a simple way. **It is important to follow the baby's feeding cues – some babies will need less and others more.**

BRITISH COLUMBIA

BC LCA

LACTATION CONSULTANTS ASSOCIATION

Get off to a good start:

- Keep baby skin-to-skin
- Let the baby lead the way (laid back, baby led)
- 'Hands-off' support
- Watch for feeding cues
- Gentle waking strategies
- Hand expression (if needed) by 6 hours
- Delay the bath >24 hrs
- Rest and reassurance

Colostrum: It's Liquid Gold!
 Your baby has a small tummy size that is filled easily by frequent breastfeeding. Your baby's tummy grows as you make more milk. Skin-to-skin time and frequent feeding helps your baby learn to feed and builds your milk supply.

Day 3
22-27 mls

Day 2
10-13 mls

Day 1
5-7 mls