
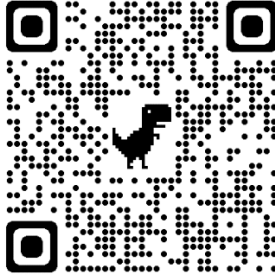



Breastfeeding Plan of Care

<p>Position and latch techniques:</p> <ul style="list-style-type: none">• Feed your baby when your baby shows early hunger cues such as rooting or bringing hands to mouth• Offer both breasts at every feed between 8-12x / 24 hours• use breast compressions to encourage active sucking and swallowing• When swallows at breast slow less than every 3 sucks, switch sides• Do not time the breastfeeding session• if your baby is not showing signs of hunger 3 hours from beginning of the last feed, feed baby• Skin to Skin as much as possible• Laid back position to ensure the deepest latch possible for both mom and baby's comfort	
<p>Engorgement management:</p> <ul style="list-style-type: none">• Massage breast towards armpit for few minutes before feed• Try reverse pressure softening, where you push areola into breast and hold for 30-60s• Then try some gentle hand expression prior to putting baby to breast• Feed baby at least every 3 hours or more until back to birth weight• Cool compresses to breasts afterwards as needed	

<p>Nipple care:</p> <ul style="list-style-type: none">• If needed, use own colostrum/expressed breast milk or oil such as coconut or olive oil to nipples• if nipples are cracked and not healing, an antibiotic ointment such as mupirocin may be needed• ensuring a good position and latch will help heal any early nipple damage along with good lactation support• avoid use of All purpose nipple ointment (APNO)	<p>Parenting Videos: www.monarchcentre.ca Newborn Bath, Diaper Change, Mental Health, Normal Newborn Behaviours, PostPartum Recovery, and Jaundice:</p> 
<p>Community Parenting and Breastfeeding supports:</p> <p>www.ottawabreastfeeds.ca www.parentinginottawa.ca</p>	