

Visit Three

Lesson Summary

- 1. When it comes to nutritional value, babies will thrive both on bottle or breast-feeding. But when it comes to the broader benefits between the two, breast milk is the perfect food.
- 2. Whether you are breast or bottle-feeding, your primary goal is to work toward getting from your baby full feedings at each feeding.
- 3. PDF moms will feed their babies on a flexible routine every two to three hours based on the baby's hunger cues.
- 4. Most babies lose between 5 and 7 percent of their recorded birth weight and can lose up to ten percent and still be considered within the normal limits.
- 5. During the first week to ten days, there is only one thing to focus on: getting a full feeding from your baby at each feeding. Do not worry about actively establishing your baby's routine during this time period.
- 6. What often catches a first-time mom by surprise in that first day, is just how sleepy her baby becomes within a few hours after birth and the potential challenge of waking the baby to take a feeding.
- 7. There are three types of breast-feeding milk:
 - a. Colostrum is the first milk and last for two to four days followed by,
 - b. Transitional milk that will last for two weeks followed by,
 - c. Mature milk which contains foremilk and hindmilk.
- 8. At each feeding, your baby should first receive foremilk followed by the hindmilk. The hindmilk contains higher levels of fat that are necessary for weight gain.
- 9. Snack feeding, or 'clusters of snack feeding' through out the day do not equal a FULL FEEDING, and works against a baby's ability to organize and synchronize his hunger rhythms.
- 10. Signs of your baby receiving a full feeding include:
 - a. You can hear the baby swallowing milk.
 - b. The baby pulls away satiated and is not crying.
 - c. The baby is burping well after feeding.
 - d. The baby is napping well.
 - e. There is a sufficient amount of time to receive a full feeding.

- 11. C-sections account for nearly one third of all deliveries in the United States
- 12. Remember, having a baby delivered via cesarean birth involves major abdominal surgery, requiring incisions through both the abdominal wall and the uterus.
- 13. Hormone changes after birth on a Mom are normal, expected and temporary.
- 14. Learn to monitor your baby's growth by becoming familiar with and using the healthy baby growth chart provided in your workbook.
- 15. You should NOT be concerned about or focused on sleep training during the first four weeks of your baby's life.