

How do I know when baby is getting enough?

BREASTFEEDING SERVICES

BABY'S SUCKLING

- His mouth is open wide, with deep and slow sucking when your milk lets down
- You hear swallowing, no clicking or smacking
- He feeds at least 8-12 times in 24 hours
- Your breasts feel full before and softer after feedings, not painful
- Baby is hungry and awake at start of feeding, sleepier and content at end of feed

BABY'S BOWEL MOVEMENTS

- Days 1 to 3: black to dark green, getting lighter in colour each day
- After day 3: 2 to 5 or more stools in 24 hours (yellow to green in colour)
- After week 4: 1 or more large stools every 1 to 7 days

BABY'S WET DIAPERS

- Days 1 to 3: 1 to 3 wet diapers, more each day as milk comes in
- Days 4 to 5: 4 to 5 wet diapers with pale yellow urine
- By day 7: 6 or more heavy wet diapers

BABY'S WEIGHT GAIN

- She loses no more than 7% of birth weight
- She gains 4-7 ounces per week after day 4

Get help right away if your baby:

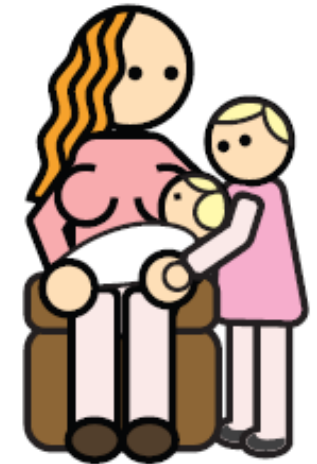
- Is sleepy during feedings
- Has few or no bowel movements or wet diapers
- Has dark green or black bowel movements after day 5
- Cannot latch on to the breast
- Is not content after feedings
- Is not gaining weight after day four

Or if you:

- Have breast or nipple pain
- Cannot tell if your baby is getting enough milk
- Are not sure that your baby is latching well
- Need to use a supplement (formula)

BREASTMILK

- The first and only food needed for the first 6 months!
- Breastfeed your baby for up to 2 years or more!



Breastfeeding isn't always easy. Sometimes all you want is information. Sometimes you need "hands on" help. Don't give up. Keep looking for the help you need!

To view the Breastfeeding Support Services monthly calendar visit tbdhu.com under Breastfeeding Resources.



This pamphlet is endorsed by the Thunder Bay Breastfeeding Coalition.

Revised November 2010

BREASTFEEDING SUPPORT
IN THUNDER BAY AND
DISTRICT

999 Balmoral Street, Thunder Bay ON P7B 6E7
Phone: (807) 625-5900 | Toll-free: 1-888-294-6630

TBDHU.COM



Thunder Bay District
Health Unit

Where can you get help?

THUNDER BAY DISTRICT HEALTH UNIT

Main Reception 625-5900
Toll-free 1-888-294-6630

Breastfeeding Clinic 625-5916
Mothers can see a Lactation Consultant at the Thunder Bay District Health Unit by appointment. No referral needed.

Breastfeeding Friends 625-5972
A mother-led peer support group for breast-feeding mothers and babies of all ages. Call the listed number for days and times. Lactation Consultant available.

Healthy Babies, Healthy Children Program

Public Health Nurses provide information and help for mothers. Every mother with a new baby is called within 48 hours of going home and is offered a home visit.

Geraldton 854-0454
Manitouwadge 826-4061
Marathon 229-1820
Nipigon 887-3031
Schreiber 824-2413
Thunder Bay 625-8814

NORWEST COMMUNITY HEALTH CENTRES

Main Site 622-8235
Toll-free 1-866-357-5454

A nurse or dietitian can give help and information for people living in Thunder Bay.

BREASTFEEDING CONNECTION

Have another experienced breastfeeding mother phone you to give the support you need, or talk to a prenatal programmer for resources.

Nipigon 887-0264
Dorion 857-2943
Schreiber 824-3552
Marathon 229-0793
Manitouwadge 826-2883
Geraldton 854-0454

THUNDER BAY REGIONAL HEALTH SCIENCES CENTRE - MATERNITY CENTRE

684-6228

- Mothers can see a Lactation Consultant by appointment. No referral needed.
- "Bosom Buddies" is a drop-in mother-to-mother support group for moms with babies who are up to 8 weeks of age.
- Prenatal breastfeeding class is available for women and their partners. Services are free with an OHIP card.

ONTARIO NATIVE WOMEN'S ASSOCIATION

623-3442

Toll-free 1-800-667-0816

The ABC's Aboriginal Breastfeeding Program offers moms care and support through our home visiting program or with telephone support and information.

LA LECHE LEAGUE CANADA

A mother to mother support group that meets monthly, led by experienced breastfeeding counselors who also provide telephone support. Internationally known as a leading authority on breastfeeding.

Margo 346-8477
Courtney 474-3574
Nancy 251-8707

LLLThunderBay@yahoo.groups.com

Free prenatal breastfeeding class is available for women and their partners on the 3rd Wednesday of the month from 7 - 9 pm. at the Community Midwifery Clinic on 610 Hewitson Street.

Call to register 622-2229

OUR KIDS COUNT 623-0292 ext. 22

A nurse is available to provide breastfeeding support for pre and postnatal mothers.

24 HOUR REFERRAL LINE 211

Toll-free 1-877-586-5638

Information 24 hours a day about where to find breastfeeding support services.

TELEHEALTH 1-866-797-0000

Toll free...there is always a nurse on call to answer questions.

Or see your midwife, family doctor or nurse practitioner.

BABY FRIENDLY INITIATIVE



The Baby-Friendly Initiative (BFI) is a global campaign that promotes certain standards in hospitals and community health services. The BFI makes sure women are given the information needed to make an informed choice about how to feed their baby and then supports them in that choice. For more information visit breastfeedingcanada.ca or call 807-625-5952.

BREASTFEEDING IS:

Good For Baby

- Nature's perfect food...nutritious, easy to digest, convenient and safe.
- Reduces childhood illnesses, diabetes, obesity.
- Supports your baby's development.

Good For You

- Decreases the risk of some cancers.
- Decreases the risk of osteoporosis.
- Helps you lose weight.
- Provides lots of snuggle time.
- Less expensive.
- Always readily available.
- Environmentally friendly.