

BREASTFEEDING ABC'S

Key information for families while our prenatal breastfeeding class is suspended during Covid-19

go to www.okanaganbreastfeeding.org for the digital version with links

INTRODUCTION

Breastfeeding is natural but it isn't always easy. The early days are a time of learning for both you and your baby. Understanding how to get off to a good start, and where to find help if problems arise will set you up for success.



[WHY BREASTFEED?](#)



[YOUR MILK IS AMAZING!](#)



[BREASTFEEDING & COVID-19](#)

SKIN-TO-SKIN

Did you know Skin-to-skin contact right after birth and in the early days helps baby latch on well to the breast, keeps baby warm and strengthens a baby's immune system?

[WHY DO SKIN-TO-SKIN?](#) 

[SKIN-TO-SKIN SAFETY](#) 

It is important to hold your baby in a safe position so that you can see their face and watch their cues.

HOW TO KNOW IF YOUR BABY IS HUNGRY

There are lots of ways to be reassured that your baby is getting enough to eat.



[YOUR BABY'S FEEDING CUE'S](#)



[HOW TO KNOW YOUR BABY IS GETTING ENOUGH](#)



[BABY'S SECOND NIGHT](#)



[WHY DOES MY BABY CRY?](#)

POSITIONING & LATCHING

There is no one right way to latch your baby, but there are some principles that will help you and your baby be most comfortable.

[IT'S ALL ABOUT THE LATCH](#) 

[FIND A COMFORTABLE POSITION](#) 

[HELPFUL HINTS](#) 

[ANOTHER GREAT VIDEO](#) 

HAND EXPRESSION

If you are pregnant or breastfeeding, milk expression by hand is a useful technique to learn. It's a handy way to relieve engorged breasts. You can also use it to stimulate milk production and provide milk for a baby who is not breastfeeding well or needs more milk.



[HOW TO DO IT](#)



[HAND EXPRESSION TIPS](#)

WHEN BABY NEEDS A LITTLE EXTRA

The decision to give your baby expressed milk or formula is an important one. Talk with your nurse, doctor or midwife about making a decision that is right for you and your baby.

[ALL ABOUT SUPPLEMENTING](#) 

[SPOON, CUP AND SNS FEEDING](#) 

Additional Online Resources

- [First Droplets](#)
- [Baby's Best Chance](#)
- [Breastfeeding Course for Parents](#)
- [La Leche League](#)
- [OK Breastfeeding](#)
- [Indigenous Breastfeeding Info](#)
- [Translated Resources](#)

Virtual Peer Support

- [Penticton/Summerland La Leche League Meetings](#)
- [Penticton Baby Cafe](#)

1:1 Support

- [Local Public Health Nurse - call your health centre](#)
- Penticton Public Health Maternity Program (250) 770-3418
- Willow Midwives Lactation Consultant (250) 999-0024
- Your primary health care provider