

A collection of baby items including knitted socks, a star, a giraffe toy, and wooden toys. The items are arranged on a light-colored, textured surface. A yellow star is visible in the upper right, and another yellow star is in the lower left. A yellow banner is at the bottom right.

Feeding the Newborn

MAJ : 2024-01-25

Capsule 13: Breastfeeding

To find out about community organizations specializing in breastfeeding in the Capitale-Nationale region and the services they offer, you can consult the following site :

➔ [COCOGREN - Organismes communautaires en allaitement de la Capitale-Nationale](#) [French website]

To learn more

[Milk | From Tiny Tot to Toddler](#)

[Allaitement | CHU de Québec-Université Laval](#) [French website]

[L'allaitement | Naître et grandir](#) [French website]

[La montée laiteuse en 5 questions | Naître et grandir](#) [French website]

[Breastfeeding your baby | Canada.ca](#)

[Fact Sheet For Nursing Mothers | MSSS](#)

★★★ [Public Mothers' Milk Bank | Héma-Québec](#) ★★★

Capsule 14: Learning to breastfeed

To learn more

[Feeding your baby | From Tiny Tot to Toddler](#)

[Breastfeeding your baby | From Tiny Tot to Toddler](#)

French speaking Videos : [Alimentation | CHU de Québec-Université Laval](#)

- [Signes de faim](#)
- [Technique du rot](#)
- [Technique du biberon](#)

[Breastfeeding basics | Naître et grandir](#)

[Tirer son lait: guide pratique | Naître et grandir](#) [French website]

[What to eat when you're breastfeeding | Naître et grandir](#)

[Allaitement et habitudes de vie | CHU Sainte-Justine](#) [French website]

[Alcohol or drug use during pregnancy and breastfeeding | Québec.ca](#)

Baby Feeding Cues (signs)



EARLY CUES - "I'm hungry"



• Stirring



• Mouth opening



• Turning head
• Seeking/rooting

MID CUES - "I'm really hungry"



• Stretching



• Increasing physical movement



• Hand to mouth

LATE CUES - "Calm me, then feed me"



• Crying



• Agitated body movements



• Colour turning red

Time to calm crying baby

- Cuddling
- Skin to Skin on chest
- Talking
- Stroking



© State of Queensland (Queensland Health) 2012



<http://creativecommons.org/licenses/by-nc-nd/3.0/au/au/>

For permissions beyond the scope of this license contact: Intellectual Property Office, email: ip_office@health.qld.gov.au, phone (07) 3234 1470.

Manual expression of milk

Hand Expressing Breast Milk

What is hand expression?

- Involves massaging your breasts with your hands and fingers to stimulate the release of milk.
- You can start hand expressing either before or after you have your baby. Please consult your healthcare provider if you want to hand express before your baby is born.

Why hand express?

- To collect colostrum before your baby is born and prepare for feedings before your milk comes in.
- To increase your supply of breast milk.
- To relieve hard (engorged) breasts.

How do I get started?

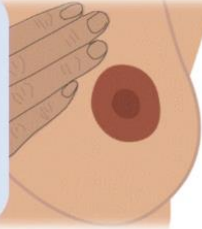
- Wash your hands before you start.
- Pick a relaxing spot, sit comfortably and try leaning forward.
- Follow the instructions in the diagram.
- It may take a few compressions before you start to see drops of milk, and the expected volume of milk may also vary.
- Shorter, frequent sessions of up to 30 minutes are the most effective.

How do I hand express?

1

Gently massage the breast.

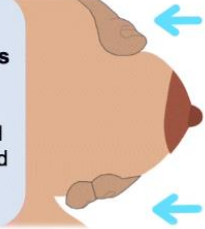
Start at the top of your breast and move your hand down toward the nipple.



3

Push back towards your chest.

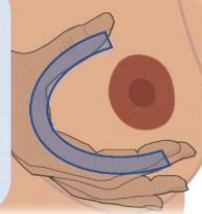
Keep your thumb and fingers cupped in a C shape around the nipple.



2

Cup the breast in a C-shape.

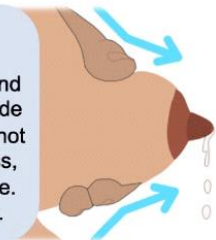
Place your thumb and fingers 1-2 inches away from the nipple, on opposite sides.



4

Express milk.

Bring your thumb and fingers together. Slide forward toward but not on the areola. Press, compress & release. Repeat right away.



Can I store the milk I collect?

- Collect the milk in a clean container (i.e., cup, syringe).
- Seal & label the container with the date it was expressed.
- Store in the fridge (up to 4 days) or freezer (up to 12 months).



Scan for video tutorial

The Ottawa
Hospital



