

Aeroflow Breastpumps

Ways Your Baby's Caregiver Can Help Support Breastfeeding

Your baby's caregiver has many options that can help support your ongoing breastfeeding success.

Use feeding positions that help baby feel secure

- Support the baby securely while he is feeding.
- Offer the baby the bottle in a comfortable, upright position. This allows the baby to control the flow of milk more easily and requires active suckling on his part.
 - Switch sides part way through the feeding or from feeding to feeding to mimic a nursing session. Switching sides may help improve brain development and eye-hand coordination.
 - Generally babies do better breastfeeding when they are not swaddled. Feeding your baby unswaddled allows them to interact during the feeding and demonstrate cues for hunger and fullness.
- For some babies, the cradle position reminds them too much of their mother. It can probably feel close to the hold mother uses to breastfeed. Also seeing a different (non-mother) face might be worrisome. Alternate feeding positions that “feel” different to the baby that can be very successful are:
 - While you are sitting, place his back against your front as he looks out; secure the baby on your lap.
 - A second variation of that is to do it while standing and swaying. Secure baby by holding under his bottom with his back to your front. Consistent motion during the feeding can calm and settle baby.

Hold the bottle in a neutral position

- Use a straight bottle (not the angled or round kind) and hold it horizontally so that expressed breastmilk or formula is only in the tip of the nipple. The baby needs to suckle for food as he does when breastfeeding.

Let baby lead the latch

- With the bottle nipple held to her lips, the base resting on her chin, and the nipple pointing toward her nose, stroke the baby's lips to elicit a wide open mouth and self latch.
- Avoid forcing the nipple between closed lips. Let the baby mouth it.
- Once latched, lift the bottom of the bottle. Hold it perpendicular to her upright body, and allow the bottle to lower every couple of minutes. She will search out the nipple if she is still hungry, and relatch. When she is finished, she will close her mouth and move her head away. Try not to keep offering her the bottle after this.

Make Sure the Latch Mimics Breastfeeding and Is Very Deep

- Allow the bottle nipple to reach deep into the baby's mouth. During breastfeeding, the mother's nipple reaches the point in the baby's mouth where the hard palate meets the soft palate. (Drag your own tongue against the roof of your mouth from the back of the front teeth to the back of the mouth to find this spot and feel how far back in the mouth it is.)
- Ideally, with a correct deep suck, the baby's lips will look flanged out around the base of the nipple.

Try Burping and See How Baby Responds

- Burp the baby often at first. A breastfed baby may not be used to burping very much because there is very little air intake at the breast, and as a result, he may not need to burp very much, or at all. However, a baby learning to suck on a bottle nipple may swallow a lot of air at first and may need more frequent burping.
- After bottle feeding is established, the caregiver can cut back on burping and see if the baby is comfortable.

Watch the Baby for Signs of Hunger, Not the Clock

- Feed on demand. Look for hunger cues such as rooting, sucking on fists, smacking lips, restlessness, etc. Feed baby when he is relatively content. Crying is a late sign of hunger, and it can be difficult for baby to latch onto a nipple when crying.
 - A newborn typically feeds 8-12 times per day, although not in exact intervals.
 - A one to six months, average milk consumption is between 25-35 ounces per day, typically 3-4 ounces per feeding.
- The duration of feeds should stay consistent regardless of baby's age.
 - As a rough guide, bottle feeding should take about 20 minutes per session but a range of 15 minutes to 30 minutes is normal.

- If a baby finishes a full feeding in less than 10 minutes, it may mean that the bottle is flowing too quickly.
- Feedings that regularly take 30 or more minutes may indicate that baby is not able to remove milk effectively from the nipple being used, possibly because of a problem with the nipple or possibly because the baby has a latching problem that mother may already be aware of since it might be something she is working on with breastfeeding as well.
- Change the nipples as necessary if the flow is too fast or slow.

Stay within the Guidelines Mom Provides for Amounts of Milk Baby Will Need

- A breastfed baby needs between 20-25 ounces of milk per day depending on size and metabolism.
- Babies need about an ounce per hour on average to thrive. If you will be gone for nine hours including work hours and commute combined, leaving 9 ounces would be a good target.
- Often a baby will eat more during the day if she is more alert during the day.
- A baby that tends to be sleepy will often eat less and then wait for her mother to return and nurse a lot in the evening and nighttime hours. It is important for your caregiver to communicate with you what the baby has been eating in your absence, so that the correct amount is given to the baby.

Don't Overfeed the Baby

- To avoid overeating, slip the bottle from his mouth every couple of minutes, and rest the nipple against his lips as you did at the start of the feeding. He may eagerly and immediately gape for it. As soon as he does, give it back. After another couple of minutes, repeat. This is your way of asking him, "Would you like more?" His answer will change throughout the feeding from "Yes" to "Perhaps" to "No".
- An emergency stash of pumped breast milk should be left with the caregiver with instructions that this milk is for a true emergency. If the pumped milk that is left for the baby during the day isn't satisfying the baby, communicate with the mom to troubleshoot how to manage the baby's hunger.
 - Baby might need more closeness, not food. The caregiver could babywear or be asked to hold baby more frequently.
 - Baby might enjoy a walk outside or a trip to the park to distract from missing mom.
 - Pacifier rules should be clearly agreed to as pacifiers can impede breastfeeding. Movement is often just as effective as soothing from a pacifier.

What to Do if Baby is Resistant to the Bottle

- Try feeding baby before baby gets truly hungry
- Try feeding baby when he is sleepy and less likely to have the energy to resist
- If mom is nearby to where the bottle feeding is taking place, she can go out of sight of the baby which sometimes makes it more likely that baby will relax into the bottle feeding
- Let mom know there is resistance so she can get help. She might have you work with a lactation consultant who can help get the baby to take the bottle. She might have you try different feeding techniques or supplies.

What If I Have Questions?

If you are interested in learning more, these Aeroflow classes expand (or if only one classes that you are recommending, use “this Aeroflow class expands) on some of the topics discussed above:

- Ultimate Breastfeeding Prep
- Navigating Maternity Leave
- Babycare for the Breastfed Baby

To register for these classes (this class), log into your portal or click [here](#).

Want More Info?

For a directory of Aeroflow's other Care Guides offering information on pregnancy, baby care, and more, browse our comprehensive list of titles:

<https://www.hersourcehealth.com/aeroflow-care-guides/>