

What Do I Need to Know About Infant Feeding?

Prenatal	I Know This	Learn More	Not Discussed Yet
The WHO and UNICEF encourage prenatal families to learn about: - Importance of exclusive breastfeeding for the first 6 months - Value of continued breastfeeding up to age 2 years and beyond - The effects of feeding infant formula and how to make an Informed decision - The importance of immediate and uninterrupted skin-to-skin contact at birth - The importance of early initiation of breastfeeding - The importance of mother-baby togetherness in hospital and at home - The basics of good positioning and attachment (latching) - How to recognize infant feeding cues.			
Human rights related to breastfeeding.			
Colostrum (early milk) production.			
Breast self- exam – are there any firm or tender areas?			
Hand expression of breastmilk. Note: Expressing colostrum (early milk) and safely storing it for your baby's use soon after birth is sometimes recommended. Talk to your healthcare provider.			
Talk to your health care provider if you have a medical condition or have had breast or chest wall surgery to see if you have any special needs related to breastfeeding.			
During Labour	I Know This	Learn More	Not Discussed Yet
Interventions during labour are sometimes needed. Talk to your physician or midwife about the possible impact any intervention may have on your baby and breastfeeding.			
At Birth	I Know This	Learn More	Not Discussed Yet
Shift in hormones after delivery of the placenta (afterbirth) and 30 – 72 hours later copious milk production begins.			
Importance of keeping baby skin-to-skin with you for at least one hour, until completion of the first feed, or as long as you wish unless there is a medical reason not to do so.			
How to be skin-to-skin with baby safely.			
First 24 -48 Hours of Life	I Know This	Learn More	Not Discussed Yet
Importance of exclusive breastfeeding for the first 6 months.			
Making an informed decision if supplementation is being considered.			
Recognition of infant's hunger cues: early, intermediate, late.			
Importance of feeding baby at least 8 times in 24 hours.			
Importance of feeding baby both day and night.			

Baby's stomach size is very small at first and baby doesn't need much milk.			
How to position and latch your baby so that both of you are comfortable.			
Infant stress cues during a feeding and how to respond.			
How to tell if baby is getting enough.			
Infant urine and bowel movements: What to expect and changes over time.			
Various ways to soothe baby that don't interfere with breastfeeding.			
Importance of safe skin-to-skin contact with baby.			
Appearance of human milk and how it changes.			
Breast changes to expect over time.			
Hand expression of breastmilk and when to express.			
Warning signs that you or your baby need prompt medical assessment.			
Where to access help with infant feeding in your community.			
Postpartum: The First Few Months	I Know This	Learn More	Not Discussed Yet
Responsive, cue-based feeding and why it matters.			
Reasons to continue feeding baby at least 8 times in 24 hours.			
Fine tuning positioning and latching so that both you and baby are comfortable.			
How to tell if baby is getting enough.			
Baby's growth and what to expect.			
Importance of spending time skin-to-skin with baby every day.			
Night time feedings.			
Safe sleep for baby.			
Breastfeeding when not at home.			
When to seek help: Infant feeding, baby's health status, parent's health status			
Importance of self care: rest, eating regularly, drinking whenever thirsty, asking for help.			
Hand expression/pumping and storing human milk.			
Travelling with stored human milk.			
Methods of feeding stored human milk.			
Contraception: Some methods have an impact on breastfeeding. Get the information that you need to make an informed decision.			
Breastfeeding and skin-to-skin contact to soothe baby during painful procedures e.g. immunization.			
Why exclusive breastfeeding is recommended for 6 months.			
Dealing with people who are not supportive of your infant feeding decision.			
How to best deal with unsolicited formula samples and coupons.			
Postpartum: Six Months and Beyond	I Know This	Learn More	Not Discussed Yet
How infant behaviour while feeding can change as baby develops.			
Baby's signs of readiness to begin complementary foods (solids).			
Breastfeeding and feeding complementary foods (solids).			
Breastfeeding a baby who has one or more teeth.			
Why it is recommended to continue breastfeeding until age 2 years and beyond.			
Breastfeeding and returning to work.			
Weaning: abrupt, gradual, or partial and parent-led or baby-led.			