

This spoon
can lead to your
breastfeeding success.



Most babies are born ready to breastfeed. When kept **skin-to-skin** with mother, many babies will latch on their own.

If baby needs a little help, mom can hand express colostrum and offer it on a spoon. See how on the back.

After a taste of colostrum, baby may be more alert and ready to latch; the first step toward breastfeeding success!

Colostrum is the first, most nutritious milk. Baby has a tiny tummy and eats only about 1 to 3 teaspoonfuls at every feeding for the first two days of life. If baby is not latching, mom can hand express and offer baby a taste from her nipple, finger, or a spoon.

How to Hand Express Colostrum:



1. Wash hands & spoon. Massage breast.



2. Place fingertips wide on breast, in line with nipple.



3. Keep fingers wide, press straight back, in toward mom's ribs.



4. Gently compress & relax hand.



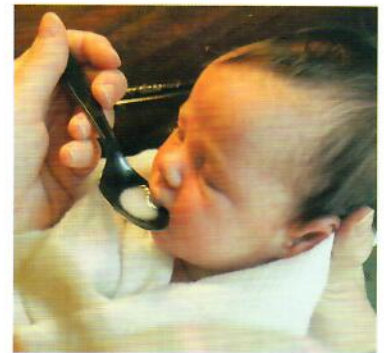
5. Repeat steps 2-4 until drops come.



6. Collect drops on a clean spoon. Feed to baby.

How to Spoon Feed Your Newborn:

- Swaddle baby.
- Sit baby upright in your lap.
- Support baby's head.
- Touch spoon to lower lip.
- Baby will lap or sip the colostrum.
- Do not pour into baby's mouth.



After a spoonful, try again to breastfeed.

For links to breastfeeding help and more go to www.LactationStuff.com
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