

Common Questions About Breastfeeding

Every family's feeding journey is unique. What matters most is that your baby is fed and that you feel supported along the way. We are here to make sure you and your baby are off to the best start possible.



When will my milk come in?

For the first few days after birth, your body produces “colostrum.” This is a thick, nutrient-dense “first milk.” While there's only a small amount of colostrum, it provides everything your baby needs.

After a few days, your milk will change from colostrum to breast milk. You'll notice you have more of it, and that it's a different color and consistency than the colostrum.

Should I do skin-to-skin while breastfeeding?

Yes. Skin-to-skin contact has many benefits. It helps keep your baby warm and calm, regulates their body temperature and glucose levels, and encourages them to eat. It also helps build your milk supply.

How do I know if my baby is getting enough to eat?

Your baby should eat 8–12 times per day (about every two to three hours). You should see them actively sucking and holding a consistent latch.

Your baby should have the following number of wet diapers:

- **One-to-two days after birth:** One-to-two wet diapers per day
- **Two-to-three days after birth:** Two-to-four wet diapers per day
- **Four days after birth:** Four-to-six wet diapers per day
- **Five days after birth and onward:** Six or more wet diapers per day

Remember that some weight loss is normal at first. Your care team will track your baby's weight and make sure there are no concerns.

How do I know if my baby has a good latch?

Look for the following signs to make sure your baby has a good latch:

- Feeds should be comfortable, not painful
- Baby's chest and stomach rest against your body so that their head is straight and not turned to either side
- Baby's chin should be touching your breast (not tucked into their chest)
- Baby's mouth is wide open with their lips flanged outward, which creates a good seal around the areola (they should resemble "fish lips")
- Baby should lead into your breast chin first and then latch
- Baby's tongue should be extended and cupped under your breast, and your breast should fill baby's mouth
- You should hear or see swallowing
- You should not hear any smacking or clicking sounds

Why is my baby feeding so often at night?

This is called "cluster feeding," and it's perfectly normal. It helps your milk supply develop. It also provides your baby with comfort. Cluster feeding can happen any time, but is more common at night.

Should I give my baby a pacifier?

Yes, but we encourage you to wait a few days before introducing a pacifier if you are planning to breastfeed. This is because having your baby at your breast frequently helps establish your milk supply.

Once breastfeeding is well-established, pacifiers have been shown to reduce the risk of sudden infant death syndrome, or SIDS.

Please speak with your care team about when and how to introduce a pacifier.

Should I pump?

During the first few weeks, pumping is only recommended in specific circumstances. Hand expression may help if baby is sleepy or having trouble latching.



When will I see a lactation consultant?

Our lactation consultants are available to help with challenging breastfeeding needs. We make sure to prioritize their time with patients who have the most complicated, difficult breastfeeding issues.

Your primary nurse is trained to help you with breastfeeding. Your nurse is a great resource for feeding needs.

Please remember that for the first 24 hours, baby may be sleepy, mucus-y, or have a disorganized suck. This is completely normal, as they are still adjusting after birth.