Home Birth Aotearoa

SESSION 4.

Breastfeeding and 4th Trimester

KEY POINTS

Breastmilk contains a wealth of goodness for your baby. Its composition changes to meet your baby's changing needs.

Responsive feeding supports supply and demand. Oxytocin helps release milk, while prolactin is the main milk-making hormone.

Newborns take small amounts of milk frequently because their stomachs are small. As they grow and take in more milk, the time between feeds may increase.

Types of Milk

- Colostrum: The first milk
- Transitional milk
- Mature milk

Home Birth Aotearoa

SESSION 4.

Latching and the First 48 Hours

KEY POINTS

Optimal Latch

Tummy to tummy, chin to breast, nose to nipple. Wait for a wide-open mouth, then bring baby in close.

Challenges That May Arise

Tongue-tie, mastitis, sore nipples, low or oversupply, fast let-down and lack of support.

The First 24 Hours

Aim for the first feed within an hour of birth. Your baby may feed frequently or be sleepy. Enjoy plenty of skin-to-skin contact and seek support with feeding if needed.

Around 48 Hours

Feeds may become more frequent and your baby's feeding cues may become easier to recognise. Your milk may start to come in as early as the second night.

SESSION 4.

Night 2 and Breastfeeding Support

KEY POINTS

Your baby may want to feed almost constantly on the second night. This can be normal as they adjust to life outside the womb.

Cluster feeding is when your baby feeds frequently over a period of time, sometimes seeming almost nonstop. It may happen in the evenings or during periods of rapid growth.

Growth spurts: Your baby may feed more frequently around 7–10 days, 3 weeks and 6 weeks of age, as well as at other times.

Breastfeeding support is available from your midwife, a lactation consultant, a peer breastfeeding counsellor, La Leche League or your local breastfeeding group.

SESSION 4.

Your Emotional Wellbeing

KEY POINTS

Baby Blues

You may feel teary, overwhelmed, irritable or worried, or experience mood swings in the days after birth.

Postpartum Depression

Postpartum depression can involve ongoing negative feelings, loss of joy and low energy. These feelings may make everyday tasks difficult.

Post Partum Support

You don't have to manage alone. Support may come from your midwife, doula, GP, family and friends, or local mums and bubs groups.

Mental Health & Emotional Support

Need to talk - 1737
Depression hot line - 0800 111 757
Mothers Helpers - mothershelpers.co.nz

SESSION 4.

Safe Sleeping

KEY POINTS

Safe Sleeping Options

Bassinet, cot, pēpi pod, wahakura or informed consideration of bed-sharing.

Baby on Their Back

Keep your baby's face clear and their sleep space smoke-free. Keep baby close by. Breastfeeding and room-sharing can also support safer sleep.

Bed Sharing Safety

Important factors include a smoke-free environment, no alcohol or drugs that cause drowsiness, breastfeeding, a healthy full-term baby, light clothing and a firm, clear sleep surface.

The Cuddle Curl

Some parents naturally curl around their baby, with knees drawn up and arms positioned around them.

SESSION 4.

Understanding Your Newborn

KEY POINTS

Breastfeeding babies instinctively seek the breast and keep close to it.

Newborns depend on you for everything. They often want to be held or close to you day and night.

Your baby is experiencing many things for the first time, including hunger, bright lights, stillness, quietness and separation from the familiar environment of the womb.

Helpful tips: Wear your baby, ask for help and explore safe sleep options such as a pēpi pod or wahakura.

Let go of expectations where you can. Your baby is following their instincts and learning to live outside the womb. Give yourselves time to adjust to this new world.

SESSION 4.

Looking After Each Other

KEY POINTS

Create a Postpartum Plan

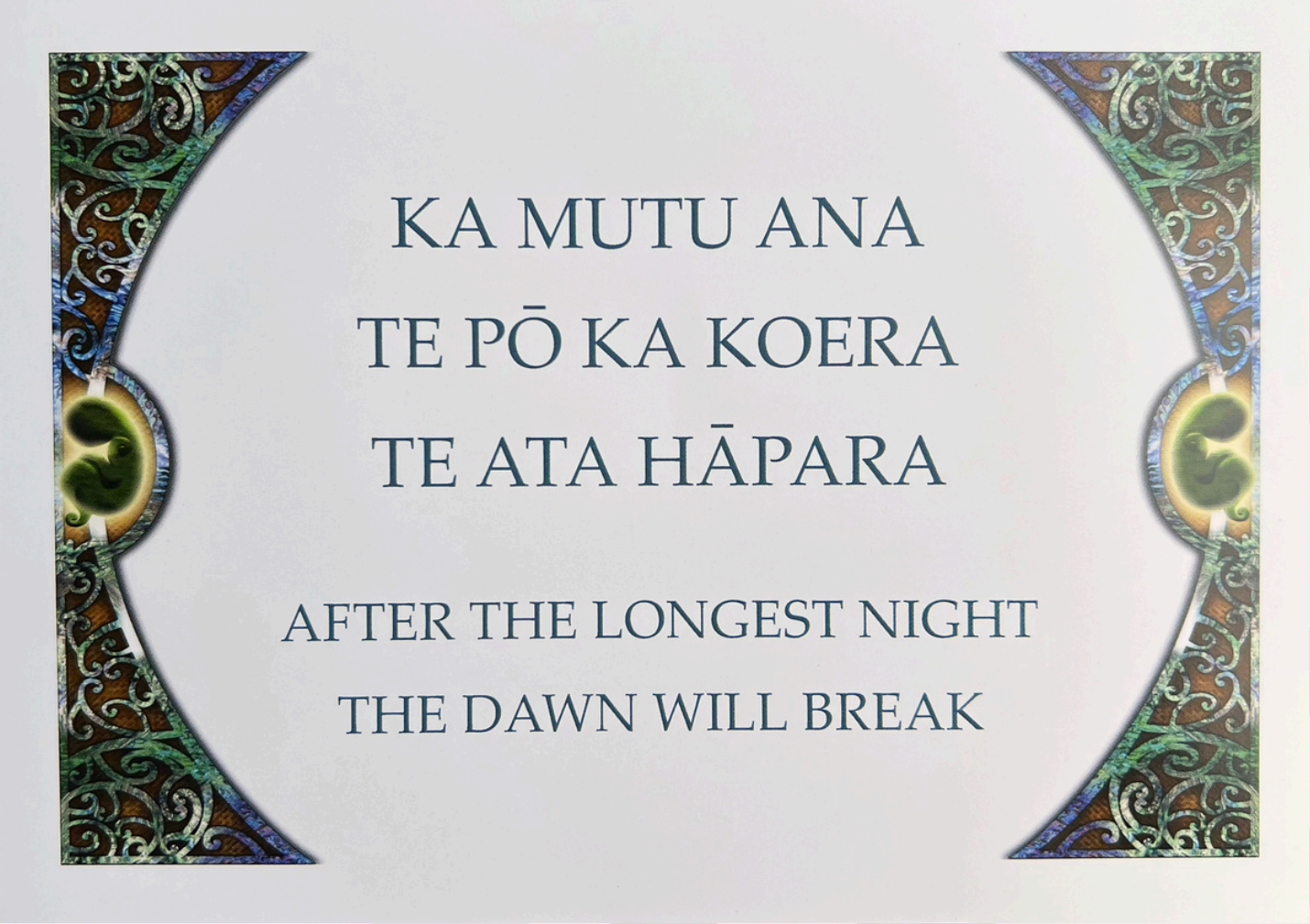
Plan ahead for the support you may need after birth. Ask friends and family to help with meals and practical tasks.

Be Kind to Each Other

Be kind and patient with one another. Lack of sleep, limited time, changes to routine and hormonal changes can all affect your relationship.

If you have any questions or feedback please email us:
admin@homebirth.org.nz

WHAKATAUKĪ


KA MUTU ANA
TE PŌ KA KOERA
TE ATA HĀPARA
AFTER THE LONGEST NIGHT
THE DAWN WILL BREAK