

Hunger Signs

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Family Birth Center



What is Feeding on Cue?



- Feeding on cue simply means feeding your baby whenever he/she is ready to eat and show you feeding cues.
- Feeding cues are: mouthing movements, tongue protruding, rooting hand to mouth movements or hand-sucking. These signs mean it is time to put your baby to breast. Try to feed baby before he/she gets too fussy. Calm baby down to get baby to latch better.
- Crying is a late hunger sign. Feed baby whenever baby wants for as long as baby wants.

What are the advantages of feeding on Cue?

- Since sucking and emptying the breasts determines milk supply, feeding the baby as often and as long as the baby wants means you will make as much milk as the baby needs.
- Frequent feeding in the first few weeks after birth builds up milk-making tissue in your breast, assuring a good milk supply for months to come.
- You bring comfort and pain relief to your baby when you feed on cue. Nursing is for comfort as well as nutrition. Babies cannot be held “too much” or “spoiled.”
- Newborns are used to constant closeness and feeding. Frequent feedings gives them that connection.
- Babies gain weight better and have less jaundice.
- Mothers have less engorgement.
- The overall duration of breastfeeding is longer.

First Six Months

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Only Breast Milk for the First Six Months



- Breast Milk is the only food your baby needs for the first six months of life. Breast milk has all the nutrition and fluid your baby needs for the first 6 months, even in hot weather.
- Breast milk is better for your baby than any other food or fluid. Giving other foods or fluids may decrease your baby's desire for your breast milk.
- Babies who have only breast milk for the first 6 months have fewer illnesses than babies who eat or drink other foods or fluids. Breastfed babies have less pneumonia and other respiratory illnesses. They also have fewer diseases, fewer ear infections and fewer allergies.

The First Milk is Colostrum

- Colostrum is concentrated milk that your breasts produce from about the middle of pregnancy.
- Colostrum gives your baby protection against disease that no formula can provide. It also helps the digestive tract or gut to work properly.
- The amount of colostrum is small during the first few days so the baby's stomach will not be overfilled. This is important while the baby is learning to coordinate sucking, swallowing, and breathing.
- Baby's stomachs are very tiny at birth and grow a little larger each day. Breast milk production increases gradually every day, matching the baby's stomach size.

The Importance of 24-hour Rooming-in for families

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24 Hour Rooming-In



It is best for families and their baby to stay together 24 hours a day. This allows the family to get to know each other and to get in harmony with each other. This also provides you with the opportunity to bond with your baby and learn your baby's feeding cues. It is important for parents to understand their infant's sleep patterns before going home, and it is also important to learn the calming techniques that will help settle the infant back to sleep.

Your baby has spent nine months in your womb listening to your heart-beat, breathing and voice. After birth, these are the same things that provide a sense of security and comfort to your baby. Babies miss the womb, and skin-to-skin contact with Mom is very reassuring. For breastfeeding mothers and babies, there also is a release of milk-producing hormones when the baby gives feeding cues. With 24-hour rooming-in, it has been found that the mother's milk appears in greater volume 24 to 48 hours sooner than in mothers who are separated from their infants.

Research has shown there are fewer incidences of breastfeeding problems, such as sore nipples and engorgement in women who take advantage of 24-hour rooming-in. You are actually more rested than when fully awakened by your baby being brought to you crying and is difficult to calm for feeding. Milk producing hormones also are higher during the evening and night hours, and these feedings are important in the long-term success of breastfeeding. Parents are the most concerned and observant caregivers in the world, and with the time spent learning from the nursing staff with the baby present, you will go home confident and secure in the knowledge that you know your baby very well and are very comfortable caring for your baby.

Labor Comfort Measures

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● Position Changes

Changing your position can help ease the discomfort of the contractions. Every 30 minutes to an hour try a new position. Any of these may help with correcting fetal positioning making delivery easier.

Walking, Slow-dancing, Squatting, Sitting, Getting on your hands and knees, Lying on your side, Knelling, Swaying, Using a Birth Ball (sit, lean, bounce, sway back and forth), Pelvic Rock

● Water

Many women in labor find that a shower helps to relieve tension and pain. Point the spray on your abdomen, lower back or wherever it feels the best.

● Heat and Cold

The use of heat or cold can be used to help you feel comfortable. Using heat can be relaxing during labor and may ease discomfort. Cool wash cloths also feel good and can be placed on the forehead or the nape of the neck especially during active labor, transition and pushing.

● Touch and Massage

Some women like to be touched during labor, and for some, it may be irritating. You may like massage during some of your labor, but not during other parts. Your partner can massage different areas. You might find that effleurage (very light stroking) is helpful, or you may prefer a more forceful touch. Some women like to have just one part of their body massaged such as a foot, hand or back. It is important to try different types.



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● Pressure/Counter Pressure

This is a type of massage usually used when you feel a great deal of pressure in your lower back. This can happen with back labor or when pushing. Counter pressure is done by your support person to help relieve the pressure and/or backache. The support person presses the heel of their hand or their fist against your lower back during a contraction. You will need to tell your support person what feels best.

The double hip squeeze is helpful as well. With the mom in a comfortable hands and knees position, the labor partner places his hands on both hip bones pointing the thumbs toward the spine. The hip bones should be pushed “in and up” towards mother’s body.

● Breathing Techniques

These can be a great tool in having the mother think about breathing instead of the contraction. It also may keep her from hyperventilating or holding her breath. Breathing patterns can consist of deep, abdominal breathing or if the contractions get more intense, a more shallow, rhythmical breathing.

● Relaxation Techniques

Remember, if you tense up during labor, you may find your contractions to be more uncomfortable and harder to manage. Relaxation is key and it is important for you and your partner to practice relaxation together as a team.

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● Attention Focusing

Using a focal point during labor can help to take your mind off your contractions. With your eyes open, look directly into the eyes of your Person or stare at a picture or object nearby.

● Vocalization

Rhythmic, low moaning with the contractions may benefit you through the labor. Saying a phrase repeatedly during a contractions like “I an strong” or “for my baby” may help as well.

● Fluids

Stay hydrated. The lack of fluids can affect your body and make labor more difficult. If labor is progressing normally, you should drink water, juice, or soda and suck on popsicles.

