

Scripting for Exclusive Breastfeeding L&D Staff

- * Your milk is perfect for your baby and is all he needs right now
- * Your baby will want to eat often for the first few days to establish your supply
- * To ensure that your baby gets as much as he needs we will help you make sure your baby latches well onto the breast- the better latched he is the more milk he will be able to drink.

If mother is asking for supplement out of frustration or fatigue:

Goal 1: Help her identify what her concern is and verbalize it aloud so that you can talk with her about it

Goal 2: Review with her normal newborn behavior

Goal 3: Make sure baby really is nursing well- help mother also identify signs of good feedings and intake- refer to LC if baby not nursing well

- I am hearing you when you are saying you are worried that you aren't sure if your baby is getting enough to eat on your breast. Let's review together how we know that he really is getting what he needs:
 - the baby's stomach is the size of a small marble the first few days so we only want him to eat small amounts each time so that his stomach doesn't get over-stretched
 - Babies are often night time eaters on the 2nd and 3rd nights so it is normal for them to eat a lot on those nights- it doesn't mean you don't have enough milk- it just means they baby is finally hungry
 - Babies are so smart when they are born. The first day they sleep a lot to recover from birth. The 2nd day they eat really often to bring in your milk fast.

- Let's make sure he is really latching and nursing well. If he is not that can effect the amount of milk he can drink each feeding
 - Tease apart a feeding together
 - Review of baby's diapers previous 24 hours
 - Help her identify drinking sounds when baby eats
 - Help her hand express milk to show her visible signs of milk