

FREQUENTLY ASKED QUESTIONS

How long will my baby stay skin to skin after being born?

If mom and baby are both doing well, your baby will stay skin to skin for at least an hour and until after baby's first breastfeeding. Often babies stay skin to skin with mom for up to two hours after birth. Your baby will not be weighed until after the first skin-to-skin time is over, unless there is a medical need. It is a good idea to limit visitors in the room for at least the first four hours to allow for this special bonding time.

How often should I feed my baby?

Feed your baby at least eight -12 times in a 24-hour period, as often as the baby shows signs of being hungry. Sometimes babies "cluster-feed" where they eat every 30 minutes to an hour for several hours in a row. This is normal for newborn babies and does not mean that they are not getting enough. Babies naturally do a lot of sucking in the first few days of life to ensure mom has a good milk supply.

How do I know if my baby is getting enough breastmilk?

We will teach you how to notice if your baby is swallowing with feedings and how to monitor for enough wet and dirty diapers. We will also teach you signs that your baby is satisfied between feedings. We will weigh your baby once a day and monitor weight loss. It is normal for all babies to lose weight for the first few days of life.

Should my baby have a little formula?

The American Academy of Pediatrics recommends that babies have only breastmilk for the first six months of life. Very rarely do healthy, full-term infants need anything other than mom's milk. Early introduction of formula can have negative consequences on a baby's digestion and immune system.

Are pacifiers a problem?

We recommend that babies don't have a pacifier until they are at least one month of age. This is because when babies are asking

to suck in the first few days, they are hungry and asking for food. Using a pacifier doesn't give your baby what they want or need. Having your baby nurse a lot helps them keep their weight loss at a minimum and helps you have an abundant milk supply for the entire duration of breastfeeding.

Where does my baby sleep?

Your baby should sleep in the crib in the room. It can be rolled close to your bed so you can easily reach your baby for feedings. When you are sleeping, your baby should be placed in the crib or held by another caregiver who is awake. St. Charles policy is that mom and baby do not sleep together in the bed. Babies should always be placed on their back to sleep.

Can my baby go to the nursery while I sleep?

St. Charles has a "rooming in" policy. Babies stay in the room with their mothers except for when baby needs extra medical care. Studies show moms actually get more sleep with baby in the room than when baby goes to the nursery.

When can my baby have a bottle of my pumped breastmilk?

It is recommended that your baby only breastfeeds for the first month of life; pacifiers and nipples should wait until after the first month. When your baby is one month of age, it is a good idea to introduce the bottle of expressed milk, especially if mom will need to return to work.

Ask your nurse to show you how to hand-express your milk. This is a great skill to learn while you are in the hospital and it will help ensure that your baby is getting enough milk, can help relieve engorgement later on and allow you to express milk for your baby without depending on a pump.

This notebook contains a wealth of information about your hospital experience and your new baby. It will provide you with all the information you need to make good decisions about your baby's care.