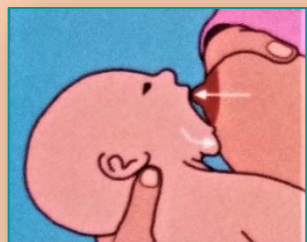


Getting Your Baby to Latch

1. Tickle your baby's lips to encourage them to open wide.



2. Pull your baby close so that the chin and lower jaw moves into your breast.



3. Watch the lower lip and aim it as far from base of nipple as possible, so the baby takes a large mouthful of breast.



A good latch is important for your baby to breastfeed effectively and for your comfort. During the early days it can take time and patience for your baby to latch on well.

Source: U.S. Department of Health and Human Services

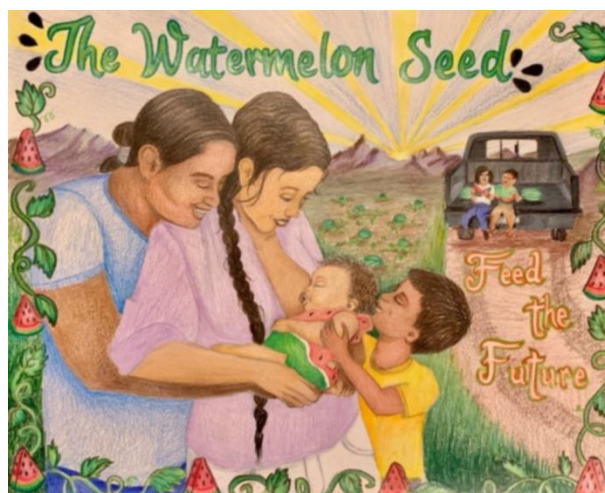
We depend on volunteers to provide breastfeeding support resources. Please consider giving back to your community by joining our chapter.

breastfeedingnm.org/get-involved



We can provide a Baby Station for events based on the availability of staff. To request a Baby Station call (505)609-6484

We want to live in a world where breastfeeding is normal for all moms and babies.



The purpose of NMBTF is to bridge the gap in breastfeeding disparities by ensuring all families have the support they need to reach their breastfeeding goals. A breastfeeding culture includes all forms of feeding human/mother's milk, including pumping, donor milk feeding, and milk sharing.

Breastfeeding Support Four Corners Resources

brought to you by



New Mexico Breastfeeding Task Force Four Corners Chapter



Please use this guide to help you find support

updated November 11, 2020

The Road to Lifelong Health Begins with Breastfeeding

Breastfeeding Basics:

- ❖ Breastfeed on demand, as often as baby wants, 8 or more times per day.
- ❖ Watch for baby's feeding cues: lip smacking, turning his head towards you, opening his mouth, sucking on her fist.
- ❖ Breastfeed skin to skin, tummy to tummy especially if baby is sleepy. In the hospital, keep baby in the room with you.
- ❖ Signs of a good latch:
 - Wide open mouth, flanged lips
 - Chin touching the breast
 - You can hear baby swallowing
- ❖ Avoid using a pacifier, baby bottle nipple, or adding formula unless medically necessary.
- ❖ Early use of bottle nipples can confuse babies, cause difficulty or pain latching and may reduce your milk supply.

How much is enough?

In the beginning, feedings are measured in drops or teaspoons rather than in ounces. The images below are good illustrations of the size of baby's stomach the first ten days of life.

Day 1
5-10mL



Poop is black

Day 3
15-30mL



Poop is green

Day 10
60-81mL



Poop is mustard yellow

Health Centers

Dulce Health Center

Public Health Nurse (575)759-7247
Mon-Fri 8:00-4:30 (575)759-3291

Northern Navajo Medical Center

1(800)549-5644
Lactation Consultant Ext.7071
OB Unit Ext. 6920
Public Health Nursing Ext. 6119

San Juan Regional Medical Center

Breastfeeding Support (505)609-6484
Childbirth Center (505)609-6189
www.sanjuanregional.com

Southern Ute Health Center, Ignacio

Shining Mountain Health & Wellness
Lactation Consultant (970)563-2163

Home Visiting Programs

F.A.C.E.S. First Ltd (505)258-4049
520 West Elm St., Farmington 87401

Growing in Beauty (505)368-1048
P.O. Box 1969, Shiprock 87420

NWNM First Born (505)325-9187
114 North Behrend Ave, Farmington 87401

Navajo Nation WIC Offices

138 Suite A Giles St (505)327-9951
Building SR 3001 on Pinon (505)368-1135

San Juan County WIC Offices

Bloomfield (505)634-0324
Farmington (505)327-6263

La Leche League

1-800-LALECHE www.llli.org
La Leche League NM (505)821-2511
facebook.com/groups/LLLFarmington

Classes

Northwest New Mexico First Born

Introduction to Birth (505)-325-9187
and Parenthood

San Juan Regional Medical Center

Breastfeeding / Childbirth (505)609-2134
Register online at sanjuanregional.com

Shining Mountain Health and Wellness

Breastfeeding and Family (970)-563-2163
Support

Help Lines

Office on Women's Health 1-800-994-9662

Chat Over Chai with Amy

Drop in to ask your question, or stay to hang out in a virtual, supportive, small group setting. Chat over Chai is an inclusive space open to all families in their pregnancy, breastfeeding, or chestfeeding journey.

1st Tuesdays 10:30 am – 12:00pm

3rd Thursdays 1:00pm – 2:30pm

Contact amy@breastfeedingnm.org for details

Helpful Websites for pumps, medications, O&A

- www.breastmilkcounts.com
- www.fda.gov/MedicalDevices/ProductsandMedicalProcedures/HomeHealthandConsumer/ConsumerProducts/BreastPumps/default.htm
- www.infantrisk.com/categories/breastfeeding
- www.kellymom.com
- www.nwlc.org/sites/default/files/pdfs/final_nwlcbr_eastfeedingtoolkit2014_edit.pdf
- www.toxnet.nlm.nih.gov/newtoxnet/lactmed.htm
- www.womenshealth.gov/breastfeeding



This resource guide is made possible by
New Mexico Breastfeeding Task Force
 For more information and resources visit
breastfeedingnm.org