

Nutrition For your Baby

Student Workbook pg.17

Answers:

1. No
2. Immediately-best within the first hour
3. Colostrum
4. 5-10% of the birth weight
5. Average of 2-3 days for a vaginal delivery. Can be up to 7 days for a c-section delivery.
6. No
7. Full breasts; especially common when milk first comes in due to milk and blood volume. Breastfeed often, warm shower or compress, massage.
8. Supply and demand
9. Every hour to 2 hours the first days. Every 2-3 hours after 7 days.
10. No
11. Nipple confusion, lazy baby at the breasts, digestive complications, infant maternal distress
12. Breastfed babies have more protective immunities; are less likely to be obese or develop chronic diseases, such as cancer; have a higher IQ; their poop smells better, better jaw development; develop few infections
13. Talk to your birth team
14. Yes
15. Yes
16. Yes
17. Yes
18. No
19. The longer you wait the less likely they will develop allergies. Ave between 6-9 months.
20. Support, encouragement, protect, nurture; Advantages: happier, healthier, and wealthier.
21. Nurturing-touch, warmth, food, clean, and love
22. Quiet time, fluids, nursing station, rest, love
23. 500 ave for a new baby; 1000 ave for a mobile baby
24. Healthy, non-irritating, lots of fluids
25. irritating food
26. Hand expression can be used; fewer complications
*Note: pumping is not dangerous if done correctly. Pumping is needed for moms going to back to work. THis is talking about in the Breastfeeding Basics class.
27. Can cause irritation. Make sure that your breast stay dry and wet pads do not remain on the breast for long periods of time.
28. lump, pain, fever; nurse often, soak in warm water, special antibiotics
29. No
30. La Leche League International
31. Ave 12-18 months; Gradually with love.