

Getting Started Breastfeeding Your Baby

Breastmilk is the perfect food for your baby. It is all your baby needs for the first 6 months of life. It can take time to learn how to breastfeed. Be patient. You and your baby are both learning something new.

The first milk your body makes is called colostrum. It is often a thick, creamy yellow. Colostrum is rich in nutrients and antibodies that protect your baby from infections and diseases. Breastmilk changes as your baby grows. It becomes a thin, white liquid that sometimes may even look bluish.

Babies do not need any extra water. Your milk is all they need. Avoid giving your baby bottles, pacifiers or using nipple shields in the first few weeks of life unless directed to do so by a doctor. The more often you breastfeed, the more milk you make. It is normal for babies to breastfeed every 1 to 3 hours in the beginning.

Getting Ready to Breastfeed

Wash your hands and make yourself comfortable. Use pillows to help you hold and support your baby. Some mothers massage their breasts gently before breastfeeding.

Ijjino ilo Kaajiriri (Breastfeeding) Niñniñ eo nejôm

Milôk jen Tittôt ej môñe eo emmôn tata ñan Niñniñ eo nejôm. Ej môñe wôt en Niñniñ eo nejôm ej aikwôje ilo Alôñ ko 6 maktata ilo an Mour. Kwôj maroñ aikwôj jitik Iien bwe kwôn katak Kilen Kaajiriri. Kwôn kijenmej. Kemiro Niñniñ eo nejôm naj jimor ekatak juôn Wâwin ekaal.

Milôk jen Tittôt eo ej walok maktata ej nae etan “Kolojtrôm” (**colostrum**). Ekâ wôt an walok ilo an mijel im Ialo en emera (**creamy yellow**). Kolojtrôm (**colostrum**) en ej lukun elap an kajur ilo Un ko im men in Bôprai ko ke rej kejbarok Niñniñ eo nejôm jen an naj bwo ilo Anilen im Nañinmij. Milôk jen Tittôt ej ukôtôk ke ej rutto lok Niñniñ eo nejôm. Enaj edik lok an mijel, im elap lok a Mouj im ilo jet Iien ej maroñ Bulu jitik wunoin (**bluish**).

Niñniñ ro rejab aikwôj idak dren in Aibwôj. Milôk eo jen Tittôtôm ej Dån eo wôt rej aikwôje. Bukôt Kilen bwe kwôn jab lelok Bato ñan Niñniñ eo nejôm, Kein Kaenômman ak Riap in Ninnin, ilo Wiik ko iman in aer Mour elane Taktô eo ejab kamâlimi. Ilo an elap lok Iien ko kwôj kaajiriri Niñniñ eo, ejnaj elap lok Milôk en enaj walok. Elap an Jimwe ke Niñniñ eo enaj mône ilo aolep 1 lok ñan 3 Awa ilo Ijjino en.

Wâwin am Bojak Bwe Kwôn Kaajiriri

Kwalkwôl Baim im kômman bwe kwôn ber ilo Wâwin Aenômman. Kajerbal juôn Bet (**pillow**) bwe en jibañ euk ilo am jibwe Niñniñ eo. Jet Kôra ro rej pitpit Tittôt ko aer mokta jen aer kaajiriri.

Holding Your Baby to Breastfeed

There are several positions you can use to breastfeed your baby. Make sure you have your baby at breast height so that you are not leaning over your baby. Always bring your baby to your breast instead of trying to put your breast into your baby's mouth.

Football and cross cradle holds will provide the best head control for the newborn.

- **Football or Under the Arm Hold**

1. Place your baby on a pillow at your side.
2. Support your breast with 4 fingers below and your thumb above, forming a "C". Make sure your fingers are behind the areola, the dark area around your nipple.
3. Hold your baby tucked under your arm. Place the palm of your hand on your baby's upper back, between the shoulder blades. Control your baby's head at the neck, below the ears.
4. Lift your baby up to your breast.
5. Tickle your baby's lips with your nipple and wait until your baby's mouth opens wide.
6. Bring your baby onto your breast.



Wåwin Jibwe Niñniñ eo Nejôm ilo am Kaajiriri

Ewor elôñ jet Wåwin ko kwôj maroñ kajerbal ilo am kaajiriri Niñniñ eo nejôm. Kejbarok ke Niñniñ eo ej Eoon Wôt Juôn iben Tittôt eo am bwe kwôn jab atôrak man lok ion Niñniñ eo nejôm. Ilo aolep Iien kwôj aikwôj jibwe tok Niñniñ ñan Tittôt eo am im jab le man lok Tittôt en ñan Lonin Niñniñ en.

Wåwin Jibwe in (**football**) im (**cross cradle holds**) enaj emmôn tata ilo Wåwin am jibwe Bôdan Niñniñ eo ej kab lotak.

• (Football) ak Wåwin Jibwe iumin Baim

1. Likôt Niñniñ eo nejôm ion juôn Bet (**pillow**) iturim.
2. Jibwe Tittôt eo am iben 4 Addi in Baim iumin im Addi Lib eo ion, bwe en kômman juon “C”. Kejbarok bwe Addi ko rej ber ilikin lok “Ninnin in Tittot” (**nipple**) eo am, ijo en ej elap lok an meej kilin Ninnin eo.
3. Jibwe Niñniñ eo iomin Baim. Likôt Lobiren Baim iumin Aeran Niñniñ eo. Kômôkiti Bôdan Niñniñ eo ilo Kônwan tulôl in Lojilinen.
4. Kotak lôñ lok ñan Tittôtôm.
5. Kurkur Lonin Niñniñ en kin Tittôt eo mai Iien eo Niñniñ en ej walani Loñin.
6. Kekake tok Niñniñ eo nejôm ion Tittôt eo am.



- **Cross Cradle Hold**

1. Place your baby on a pillow across your lap so he or she faces you at breast level.
2. Support your breast with the hand on that side with your fingers and thumb below to form a “U” shape.
3. Place your baby’s legs under the arm opposite the breast from which he will be feeding.
4. Support your baby’s head and back with your arm and hand your baby’s legs are under.



- **Cradle Hold**

Many mothers find this hold hard at first. It gets easier as your baby gets a little bigger and more skillful at nursing.

1. Place your baby on her side with baby’s tummy facing you, using pillows so she is at breast level.
2. Rest your baby’s head on your forearm.
3. Support your baby’s back and hold her bottom with your hand.



- **Wâwin Jibwe nae etan (Cross Cradle)**

1. Likôt Niñniñ eo nejôm ion juôn Bet ilo eolap in Enbwinôm bwe ej jit tok ñan Tittôt eo am ilo Eoon Wôt Juôn iben Ninnin in Tittot eo am.
2. Jibwe Tittôt eo am iben Bâim ne anmiñ (elañe kwoj kaajiriri ilo Ninnin anmiñ en) iben Addi ko im Addi Lib eo ilôl bwe en kômman juon “U” ilo Bâim.
3. Likôt Neen Niñniñ eo iumin Bâ ne juôn jen Bâ eo kwoj kaajiriri Niñniñ eo kake.
4. Jibwe Bôdan Niñniñ eo im Aeran Niñniñ eo iben Bâim ne Neen Niñniñ eo ej ber iumin.



- **Wâwin Jibwe nae etan (Cradle Hold)**

Elôñ Kôrà rej lo ke Wâwin in ej elap an bin aer kômmane ilo Ijjino en. Enaj elap lok an emmôn am kômmane ke ej elap lok Enbwinen Niñniñ eo ke ej rutto lok im jelâ lok Kilin an ninnin.

1. Kômman bwe Niñniñ eo en babu ilo Ulul bwe Lojen en jumaik euk, im ilo am kajerbal Bet ko bwe en Eoon Wôt Juôn iben Tittôt eo am.
2. Kababuki Bôdan Niñniñ eo bwe en ber ilo tu maan lok in Bâim (**forearm**).
3. Jibwe Aeran im Kônwan Niñniñ eo nejôm im jibwe Bid eo an iben Bâim.



- **Side-Lying Hold**

This hold is also hard at first unless you have help.

1. Make yourself comfortable by lying on the same side as the breast from which you will feed.
2. Use pillows for support.
3. Place your baby on his side facing your breast.
4. Cradle your baby with the base of his head in the bend of your arm.



Latching On

When your baby is positioned and your breast is supported, you are ready for your baby to latch onto your nipple.

- Place your hand under your breast behind the dark area around the nipple called the **areola**. Gently lift the breast. Guide your nipple toward your baby's mouth.
- Tickle your baby's lips with your nipple. Gently squeeze out some milk. Your baby should open his or her mouth wide. Aim the nipple up and back, deep into your baby's mouth.
- When your baby opens her mouth wide like a yawn, pull your baby closer. This allows you to help your baby get as much of the areola inside your baby's mouth.

- **Wâwin Jibwe ilo am babu Ulul**

Wâwin in ej bar bin ilo ijino en elañe ejelok en ej jibañ euk.

1. Kômman bwe kwôn Aenômmôn ilo am Ulul ilo anbwôjmaroñ elañe kwônaj kajerbal Tittôt en anbwôjmaroñ ñan am kaajiriri.
2. Komaroñ kajerbal Bet ko bwe ren jiban Wâwin am ber.
3. Kababuki Niñniñ eo bwe en jit tok ñan Tittôt eo.
4. Kababuki Niñniñ eo bwe Bôdan en ber ilo Mokwôj in Bâim.



Elañe ej lukun Tôl Loñin Niñniñ eo

Elañe ejitjit Wâwin am kababuki Niñniñ eo im ej bojak Tittôt eo, kwôj bojak bwe Niñniñ eo en drômaje Ninnin in Tittôt eo am.

- Likôt Bâim iomen Tittôt eo ilikin lok ijo en ej meej lok kilin Ninnin eo, ijo en ej nae etan “Âriola” (**areola**). Jitikkake am kotak Tittôt eo. Kajimwe lok Ninnin in Tittôt eo bwe en jimwe lok ñan Lonin Niñniñ en.
- Kwôn kurkuri Lonin Niñniñ eo iben Ninnin in Tittôt eo am. Kuul lok jitik Milôk. Niñniñ eo nejôm enaj walañi lok Loñin. Kajimwe lok Tittôt eo bwe en dreloñ liñlok im likiñlok iloan Loñin Niñniñ en.
- Elañe elap a walañi Lonin Niñniñ en ainwôt ke ej mebbôla, kanek tok Niñniñ eo. Wâwin in ej kômman bwe en jibañ Niñniñ eo bwe en elap tata an dreloñ Ninnin eo am iloan Loñin.

- Hold your baby's body against your stomach with the tip of your baby's nose and chin next to your breast. Continue to hold your breast to support its weight and to prevent your nipple from falling out of your baby's mouth.
- Burp your baby before switching to your other breast. For the next feeding, start on the side you ended with at the last feeding.

How often should I breastfeed?

Breastfeed every 2 to 3 hours during the day so that your baby may not wake as often during the night for feedings. Fewer day feedings mean that your baby will need more feedings at night. During the first 3 months, babies need to feed 8 to 10 times in a 24-hour period. Breastfeeding often helps you make more milk and prevents your breasts from becoming overfull or engorged.

How soon should I breastfeed after my baby is born?

Breastfeed right after delivery if possible. Continue to breastfeed your baby every 2 to 3 hours even if your milk has not come in or you do not have a lot of milk yet. In the early days of life, breastfeeding is very important. Practice times together help you and your baby get to know one another. Be patient with yourself and your baby.

- Jibwe tok Enbwin Niñniñ eo ñan ilo Lojom iben Boden im Jimwin Ñin bwe en idak iben Tittôt eo am. Jibwe wôt Tittôt eo am, bwe en bôprai bwe eddo en an, enjab kautlok Tittôt eo jen Loñin Niñniñ eo.
- Kômman bwe Niñniñ eo en wulik mokta jen am ukôtlok ñan am kaajiriri ilo Tittôt en juôn. Ilo am naj kaajiriri tokailik jino ilo Tottôt en kwar kajomlok ie.

Ewôt joñin an liñ Alin aô aikwôj kaajiriri?

Kwôn kaajiriri aolep 2 lok ñan 3 Awa ilo Ran, bwe en drik lok Iien kaajiriri ilo Boñ. Ilo an iiet lok Alen am kaajiriri ilo Ran, enaj elôñ lok Alen am naj aikwôj kaajiriri ilo Boñ. Ilo Alôñ ko 3 jinoen, Niñniñ ro rej aikwôj môñe 8 lok ñan 10 Alen ilo juôn Joñôk in 24-Awa. Kaajiriri ilo Tittôt ej maroñ jibañ am kômman elap lok Milôk im ej bôprai an Tittôt ko uktôk bwe en lukun obrak kin Milôk.

Ñet eo ij aikwôj jino kaajiriri eliken aô Kalôtak Niñniñ eo?

Kaajiriri elikin wôt an lôtak Niñniñ eo ilo joñen wôt an môkaj tata am maroñ. Wônman lok in kaajiriri aolep 2 lok ñan 3 Awa jôkron ñe ejañin walok Milôk ilo Tittôt ko am ak ejañin elap Milôk en ej tôbrak. Ilo Ran ko jinoen mour, kaajiriri iben Niñniñ eo ej elap an Aorôk. Ilo am Mminene ibendron ej jibañ euk im Niñniñ eo nejôm jelâ Kajien Dron. Kwôn kijinmej ibôm mâke im iben Niñniñ eo nejôm.

How long should I breastfeed my baby?

Most babies will breastfeed for about 15 to 20 minutes the first 24 to 48 hours. After this time, the baby may want to breastfeed for 20 minutes on one breast and continue for up to 20 minutes on the second breast. Let your baby, rather than the clock, decide when he is finished.

Helpful tips:

- Breastfeed your baby on the first breast until he is done. The baby may slow down and comfort suck, release the nipple or start to fall asleep with the nipple resting in his mouth.
- Burp your baby and offer your other breast.
- Some babies breastfeed on both breasts at each feeding, while others may breastfeed on only one. If your baby takes the second breast, let your baby breastfeed on the second breast until he is finished.
- When finished, your baby will act full, relaxed and content.



Ewi To in aô aikwoj kaajiriri Niñniñ eo nejô?

Enañin aolep Niñniñ renaj môñe 15 lok ñan 20 Minôt ilo 24 lok ñan 48 Awa kane Jinoen. Elikin Iien in, Niñniñ eo ej maroñ kônaan kaajiriri 20 Minôt ilo juôn Tittôt inem ej maroñ kônaan kaajiriri bar 20 Minôt ilo Tittôt en kein ka ruo. Kôtloke bwe en Niñniñ eo nejôm, im ejab Awa en ej karoke, ñaât eo ej jômlök an môñå.

Jet Kabiliklik ko rej maroñ jibañ euk:

- Kôtlok Niñniñ en bwe en môñå ñan ban ilo Tittôt en kein kajuon mokta. Niñniñ eo ej maroñ ralök an ninnin im Riab in ninnin, kôtlok Tittôt eo ak jino kiki lok jôkron ñe Tittôt en ej ber wôt ilo an Loñin.
- Kômman bwe en wulik Niñniñ eo im lelok Tittôt en juôn.
- Jet Niñniñ ro rej kônaan ninnin ilo aolep Tittôt ko ilo aolep Iien môñå, ak Niñniñ ro jet renaj kônaan ninnin ilo juôn wôt Tittôt. Elane Niñniñ eo nejôm ej kônaan Tittôt en kein ka ruo, kôtloke bwe en ninnin ilo Tittôt en kein ka ruo mai Jômlök in an môñå.
- Elañe e mât, Niñniñ eo nejôm enaj kalikar an lukun mât, aenômmôn im jokane.



How do I take my baby off my breast?

Taking your baby off your breast or breaking the suction of your baby's tongue may be done in two ways:

- Insert your finger in the corner of your baby's mouth, between your baby's gums.
- Curl your baby's lower lip over his lower gum until you feel your baby's tongue release your nipple. Then remove your baby's head away from your breast gently.

How do I know if my baby is getting enough to eat?

Your body makes as much milk as your baby needs. If you breastfeed every 2 to 3 hours for 20 minutes on each breast, your body will produce more than enough milk for your baby. If your baby is getting enough milk, your breasts will be full with milk, soft after feedings and refill between feedings. Your baby will:

- Have 6 or more wet diapers in a 24 hour period
- Sleep between feedings
- Have more than 2 bowel movements each day
- Gain weight

Call your baby's doctor, clinic or a Lactation Specialist for help if you think your baby is not getting enough to eat.

Ewi Wáwin aô kôtlók Niñniñ eo jen Tittôt eo aô?

Wáwin am tumi lok Niñniñ eo jen Tittôt eo am ak kôtlóke Loen Niñniñ en jen an jorme Ninnin eo ej maroñ walok ilo ruo Wáwin ko:

- Kadreloñ Addi in Båim ilo Tôrerein Loñin Niñniñ eo, ikôtan Ñôdin Niñniñ en.
- Karumlok manlok Tiiën Niñniñ en tulól mai Iien eo kwôj eñjake an Loen kôtlók Tittôt en. Innem jitikake am katolók Bôdan Niñniñ en jen Tittôtôm.

Ekijikan aô jelå ñe Niñniñ eo nejô ej bwe an môñå?

Enbwinôm ej kômman joñan Milôk en ekkar ñan Niñniñ eo nejôm aikwôje. Elañe kwôj kaajiriri aolep 2 lok ñan 3 Awa iumen 20 Minôt ilo aolep Tittôt ko ruo, Enbwinôm enaj kômman elap lok Milôk jen Niñniñ en nejôm ej aikwôje. Elañe Niñniñ eo ej bwe an môñå, Tittôt ko am renaj ubrak kin Milôk, reban kônkôn elikin Iien kaajiriri im renaj bar obrak kin Milôk ikôtan Iien an môñå. Niñniñ eo nejôm enaj:

- Kômman 6 ak elôñ lok Kal tutu ko ilo aolep Joñôk in 24 Awa
- Enaj kiki ikôtan Iien môñe ko
- Enaj elôñ lok jen 2 Alen an bijôk ilo aolep Ran
- Enaj elap lok Boun eo an

Kir lok Taktô eo an Niñniñ eo nejôm, Jiken Ejmour en (**clinic**), ak juôn Dri Lale Kaajiriri (**Lactation Specialist**) ekijien Jibañ elañe kwôj lômnak ke Niñniñ en ejab bwe an môñe.

2/2008. Developed through a partnership of The Ohio State University Medical Center, Mount Carmel Health and OhioHealth, Columbus, Ohio. Available for use as a public service without copyright restrictions at www.healthinfotranslations.org.

Getting Started Breastfeeding Your Baby. Marshallese