

Supplements

Nursing Mothers:

Most important is a healthy, colorful diet, rich in protein and healthy fats. A variety of vegetable, fruits, nuts, eggs, fish with low mercury levels, meat, avocados, coconut milk etc. In addition it is important to take the following supplements while breastfeeding.

1. Prenatal Vitamin (Thorne is a good brand)
2. Fish Oil-1100mg of DHA/EPA per day (Ultimate Omegas by Nordic Naturals is a good brand)
3. Vitamin D-2000iu/day depending on vitamin d level which we will check
4. Can also take Calcium if not eating dairy
5. Probiotics 10 billion CFUs per day (Klaire Vital 10 or Jaro-keep in fridge). Start slowly-take every other day and work up to every day. If baby seems significantly more gassy and in pain, may need to consult doctor and stop the probiotics.
6. Foods to consider Avoiding: If your baby seems very "gassy" and in a lot of pain it sometimes makes sense to alter your diet. Discuss with your Pediatrician.

Newborn Babies:

1. Vitamin D 500iu/day-Carlson vitamin d drops are good and come in 1000iu/drop so can give 1 drop every other day. Can either put on the nipple and let baby suck it off or directly in the mouth. Best with feed as it is a fat soluble vitamin.
2. Probiotics-HLC neonate, 3 billion CFU/day. Powder-dip pinky in powder when pinky is slightly wet and cover $\frac{3}{4}$ of the tip of the pinky with powder. Put in newborns mouth. Start slowly 3x/week working your way up to 1x/day. If baby seems more gassy but not in pain it is okay. If pain seems on more gas related pain stop.

Breastfeeding & Normal Newborn Behavior Day 1-6

	Behavior	Diapers	Milk Production	Breast Changes
Day 1	Sleepy	Yes	Colostrum	None
Day 2	Clustering Fussy at night	1-3 Wet 1-3 Soiled Black	Colostrum	None
Day 3	Clustering Fussy at night	1-3 Wet 1-2 Soiled Dark Brown	Colostrum	Fuller/Heavier
Day 4	Clustering Fussy at night	0-2 Wet 0-2 Soiled Brownish Yellow	Colostrum/ Transitional Milk	Engorged
Day 5	Wakes for short feeds	3-6 Wet 1-3 Soiled Yellowish Brown	Transitional Milk	Engorged
Day 6	Into the GROOVE!	6-8 Wet 2-3+ Soiled Yellow & Seedy	Milk is in	Engorged

Day 11 – First growth spurt! Baby begins clustering again

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