

A photograph of a woman with brown hair tied back, wearing glasses and a white cardigan, smiling as she holds a baby. The baby is wearing a white diaper and is positioned against the woman's chest. The background is a white, textured surface, possibly a bed or a wall. The overall tone is soft and intimate.

# The Fourth Trimester

Lori J Isenstadt, IBCLC



# FORWARD

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*“Motherhood has completely changed me. It’s just about like the most completely humbling experience that I’ve ever had. I think that it puts you in your place because it really forces you to address the issues that you claim to believe in, and if you can’t stand up to those principles when you’re raising a child, forget it.” —Diane Keaton*

It does not matter what you think about breastfeeding, before you have your baby. Whatever it is you are thinking, the early days of breastfeeding are likely to be a far different experience than what your thoughts are.

This is not to say that breastfeeding will be hard or easy. Or that you will feel totally comfortable right away or awkward beyond belief.

If you are getting my subtle message.... breastfeeding your baby is going to be amazing. It is going to be wonderful and it will be life changing. There are so many wonderful images of moms breastfeeding and this will be you too.

I like to add to the mix a healthy dose of reality. You will be tired, probably exhausted and quite emotional. You will be learning a new skill, with your new partner, your baby. It takes time and patience and lots of practice. Enjoy the journey. Please reach out for help if needed.

Lori J Isenstadt, IBCLC  
allaboutmothering.com

## Lori J Isenstadt, IBCLC

Lori Jill Isenstadt, IBCLC is a huge breastfeeding supporter.

She has spent much of her adult life working in the maternal health field. Once she became turned on to birth and became a childbirth educator, there was no stopping her love of working with families during their childbearing years. Lori became a Birth doula and a Postpartum doula and soon became a lactation consultant. She has been helping moms and babies with breastfeeding for over 25 years.

Lori founded her private practice, All About Breastfeeding where she meets with moms one on one to help solve their breastfeeding challenges. She is an international speaker, book author and the host of the popular itunes podcast, All About Breastfeeding, the place where the girls hang out. Lori is owner of the [allaboutmothering.com](http://allaboutmothering.com) a paid membership site for pregnant and new moms.

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## **1** Choosing a breastfeeding friendly physician

This may be a pediatrician, family physician or naturopathic physician. Medical professionals have a responsibility to promote, protect, and support breastfeeding in their practice of medicine. You will want to have a conversation with your chosen health care provider (HCP) You want to be sure their office is breastfeeding friendly and breastfeeding knowledgeable. Here are some topics that you choose to discuss:

1. Your HCP should encourage breastfeeding mothers to feed newborns only human milk and to avoid offering supplemental formula, glucose water, or other liquids unless medically indicated.
2. Your HCP should advise the mother not to offer a bottle or a pacifier until breastfeeding is well established or there is a medical necessity.
3. The American Academy of Pediatrics (AAP) reaffirms its recommendation of exclusive breastfeeding for about 6 months, followed by continued breastfeeding as complementary foods are introduced, with continuation of breastfeeding for 1 year or longer as mutually desired by mother and infant.

# POLITICS OF BREASTFEEDING BY GABRIELLE PALMER

If a multinational company developed a product that was nutritionally balanced and delicious food, a wonder drug that both prevented and treated disease, cost almost nothing to produce and could be delivered in quantities controlled by consumers needs, the announcement of this find would send its shares rocketing to the top of the stock market. The scientist who developed the product would win prizes and the wealth and influence of everyone involved would increase dramatically. Women have been producing such a miraculous substance, breastmilk, since the beginning of human existence, yet they form the least wealthy and the least powerful half of humanity.



4. Their waiting room should not have formula ads or coupons or free formula to hand out to patients.

5. Your HCP should encourage you to take a breastfeeding class during your last trimester.

6. Is there an IBCLC on staff that you can make a separate consultation appointment if you need help with breastfeeding?

7. If there is no IBCLC on staff, who will they be referring you to?

8. Does your pediatrician have a resource sheet for parents with breastfeeding friendly referrals listed, such as an IBCLC, breastfeeding class, local breastfeeding store, and local breastfeeding support groups?



## Checklist #1

### 2 Signs that breastfeeding is going well:

- Your baby only loses up to 5-7 oz in the first 4 days.
- Your baby begins to gain weight by the 5th day.
- Your baby is back up to birthweight at the 2 week visit.
- Your baby wakes up at least 8 times a day for feeding.
- Your baby comes to the breast and feedings are comfortable for you.
- Your baby is clearly hungry before feeds and clearly satiated (full belly) when done.
- By Day 4, your baby has the appropriate amount of output.( 4 wet, 3 yellowish stools)
- You are experiencing comfortable breastfeeding with no nipple pain or breast pain.
- After 2 weeks of age, your baby continues to gain 1 oz per day, at least up until 6 months



## Checklist #2

### 3 Signs that breastfeeding is not going well

- Your baby loses more than 10% of birthweight in the first 4 days
- Your baby continues to lose weight after the 4th day
- Your baby is not back to birthweight at 2 weeks old
- Your baby is not waking up for at least 8 feedings a day. (If your baby is gaining well and all the other signs that breastfeeding is going well, this is probably not a problem.)
- Breastfeedings take an hour or longer and baby still does not seem full.
- Excessive fussiness/ sleepiness usually means something is not quite right.
- Your 4 day old baby has less than 4 soaking wet diapers (clear or lightly yellow in color) and less than 3 quarter size yellow mustard color stools every 24 hours.
- If you are supplementing because baby is not getting enough at breast.
- If you are pumping because breastfeeding is hurting

If your baby is not breastfeeding, or  
**4** breastfeeding well, or you are advised to  
supplement:

1. Your mantra: Feed the baby and protect the milk supply - (remove the milk on a regular basis).
2. Anytime the baby gets milk from a bottle, or misses a feeding from the breast, use a hospital grade pump and pump for 15 minutes, both sides at the same time. hand expression works well for milk removal.
3. Offer baby approximately the same amount as they would get at the breast. For example: Day one: 5-7 ml per feed. Day two: 7-12 ml per feed. Day three: 12-20 ml per feed.
4. These are just guidelines. If your baby takes a bit less or a bit more, this is fine. You just want to be careful to provide an upright and paced feeding to avoid overfeeding.
5. An average full term baby gradually increases intake to about 30-45 ml by 5-7 days old.
6. Sometimes hand expression works better than a pump in the first few days. If you are not able to increase volume with the pump, try hand expression. Have staff IBCLC teach this to you



## If your baby is not breastfeeding, (continued)

7. When offering milk from a bottle, hold baby sitting upright and pace the feeding. by offering small amounts at a time.
8. Stay positive. As long as you have a well fed baby and are removing the milk on a regular basis and increasing your supply, you can always work on breastfeeding.
9. If, at the time of discharge, you continue to struggle with breastfeeding, please schedule a consult so you can begin working on this as soon as possible.

### **How do you know when to call for help?**

1. Anytime you can check out 1 or more items on Checklist #2, OR
2. Your baby is not breastfeeding well and you are having to supplement.

### **Where to get help?**

1. Ask your OB or midwife or Naturopath for pediatrician for referral to local IBCLCs.
2. Ask your hospital or birthing center for referrals to local IBCLCs
3. Skype Consult with Lori J Isenstadt, IBCLC

## 5 The benefits of hiring a postpartum doula

1. A postpartum doula is a professional support person who is trained to help with not only the new baby, but mom and family as well, in the first few days and months after birth. A baby nurse just takes care of the baby.
2. Your doula will sit down with you ahead of time. You will discuss your needs and she will offer you a customized plan.
3. Your doula will do whatever she can to help nurture you, so you can nurture your baby.
4. Having a postpartum doula scheduled to come to your home several times a week, means that you have that time to look forward to if you are needing to nap or shower or are feeling overwhelmed and need someone to talk to.
5. Your doula will help with laundry, dishes, light housework, light meals, and errands.
6. Your doula will take care of other children, perhaps take them out for a walk, and prepare light meals for them.
7. Your doula understands that the early days of breastfeeding can be tiring and challenging. She will offer moral support.



8. Family & friends will offer, however, you may not want them helping cook, clean, do laundry and run errands for you.

9. Sometimes friends and family are not reliable. You will be paying your doula. This is her business. She works on referrals. It is unlikely she will not show up.

10. If you feel like you want a doula, but can't afford one, tuck a cute handmade card into your baby shower invite. A brief explanation of what a doula is and a loving request for cash towards your doula rather than baby clothes, blankets or toys.

11. Trust me on this one: You will look at a closet full of baby clothes and blankets that are more than you will ever use & wish you could trade them in for a doula.

12. Where to find a doula: these websites: [cappa.net](http://cappa.net)  
[dona.org](http://dona.org)

13. Search on Facebook or google for: postpartum doula in (name of your city \_\_\_\_\_).

You can also ask your childbirth educator, breastfeeding educator, physican or midwife for local doula numbers.

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# Checklist to Prepare for the first few weeks with a newborn

1. Make a list of all the chores you do on a daily basis.

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2. Make a list of all the chores you do on a weekly basis.

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3. Make a list of all the chores you do on a monthly basis.

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4. These include household chores such as laundry, shopping, cleaning kitchen, bathroom, vacuuming, mopping, making beds, watering plants/flowers, feeding pets, walking pets, paying bills, yardwork.

5. If you cannot do these things, who would you assign these tasks to?

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6. If your partner cannot do these things, who would you assign these tasks to? For example: a family member or someone who will be staying with you and helping you?

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7. What would it cost to pay someone to do these chores for you? For one week? For one month?

One Week \_\_\_\_\_

One Month \_\_\_\_\_

8. Do you find it difficult preparing dinners now? If so, it will be twice as difficult after you give birth. Twice a week, make double dinners and freeze. In a month, you will have 8 dinners and at least 1 week covered. Requested Gift certificates to your favorite take-out places will cover 7 more. Now you have the first 2 weeks covered and probably closer to 3, if you are a leftover person. YAHOO!

9. Make a list and shop for or get ready, all the things you can do ahead of time. If you can purchase non-perishable items, such as paper plates, forks and spoons, diapers and wipes, other paper goods such as toilet paper and kitchen paper towels, etc. for a months worth, go ahead and do so.

10. Do not let finances get in the way of you hiring a lactation consultant after the birth if you are experiencing breastfeeding challenges.

**Here is a tip for hiring your IBCLC for help:**

**TIP:** 1. Ask for family to chip in and get you a gift certificate for your baby shower. OR 2. Begin putting aside \$20.00 every week in an envelope. In 2 months you will have plenty to pay for a consult.

**BONUS:** If you don't need a consult, you have some nice \$\$ stashed away for your first Date Night.

**Here is a tip for avoiding stress about chores in the early weeks:**

**All of the above** will go a very long way in helping to reduce sleep deprivation as you will not be distracted with having to figure out how to do the above chores.

*Being practical! As you can see, this is what many of the suggestions are all about. If you ask most new mothers what they needed most postpartum, they will not say more clothes or baby items, they will say help with household chores, a good dinner every night and help with breastfeeding.*





## Additional ways to help make things easier for yourself :

1. Please consider taking turns with your partner where they nap while you are awake with baby and visa versa.
2. You can rest and have the baby brought to you for feedings. Sit upright and use pillows to breastfeed OR breastfeed side-lying OR sit up in a chair next to bed.
3. Learn about bed sharing, room sharing and co-sleeping. Safe co-sleeping is important.
4. Always prioritize sleeping over chores. A 30 minute nap will be much more helpful to you than cleaning up the dishes.
5. Have a list of things that need to be done that you can easily ask someone else to do for you. For example: stop off at a store and pick up an item, medication, food items. When someone comes to visit and wants to help, have a calendar with the chores on it and tell them to pick one.

Most people are asking because they really do want to help you. They just need for you to tell them what they can do. Do not be shy about responding with a list. Remember, they can see that you are tired and need help. Giving them something to do will make them happy.

Additional ways can you help yourself even more (continued):

6. Sometimes you don't feel the best after birth. If you are like me, you assume you will feel fine after birth.

However, what if you are extremely tired or sore or had a cesarean section. You don't move as easily or as fast. You set up all the things in the nursery that you need, which is great that it all is in one place, but is it convenient for you to get to it? If you will be spending time downstairs but the babies room, with all the stuff you need is upstairs, you will find this quite inconvenient. Consider making a place downstairs to change baby and put other items such as clothes, diapers, wipes, blankets, etc. This is a GREAT tip that many new parents have thanked me for.

7. Hiring a postpartum doula to help you with baby, other children, light housework

8. So, you can see, I am all about taking care of all the things you possibly can, before you have your baby. Many things on this list can be done a good month or more before the birth.

9 With some planning, you can save money yourself for some of these services or ask for gift certificates in lieu of items. If you ask most new mothers, they will tell you that they have way more stuff than they will ever need. If they had to do it over again, they would be more practical and utilize the suggestions on this list to help ease the fatigue of newborn mothering



## Important numbers to have easy access to:

1. Emergency Contact Number \_\_\_\_\_

2. Emergency Contact Number \_\_\_\_\_

3. Your Health Care Provider \_\_\_\_\_

4. Your pediatricians Number \_\_\_\_\_

5. Your IBCLC number \_\_\_\_\_

6. Local breastfeeding hospital support group -

\_\_\_\_\_

7. Local breastfeeding birthing center

group \_\_\_\_\_

8. Online breastfeeding support group -

allaboutbreastfeeding.biz/support \_\_\_\_\_

9. Local moms group-

\_\_\_\_\_.

10. Doula

\_\_\_\_\_

11. Favorite breastfeeding website -

allaboutbreastfeeding.biz

# Important numbers to have easy access to:

1. Housework

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2. Yard work -

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3. Local Supermarket that delivers

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4. Local Pharmacy that delivers

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5. Your Place of Employment

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6. Online Food delivery services

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7. Other important Number

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8. Neighbors Number

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9. mealtrain.com \_\_\_\_\_ organize meals after the birth

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## **7** GUIDE TO BREASTFEEDING YOUR BABY THE FIRST 24 HOURS

1. Keep your baby with you. Lots of skin to skin. Keep baby warm tucked against your chest with a blanket. You are the best baby warmer. Great way to get rest and watch for hunger cues.

2. Hunger cues – stirring about, bringing hands to mouth, opening mouth, turning head from side to side.

3. First 24 hours - Do not worry if your baby is not interested in the first few hours. Some newborns take several hours to show an interest in eating.

4. First 24 hours - Average number of feedings first 24 hours ranges from 2-6 feedings.

5. First 24 hours - Do not focus on how many feeds. Focus on learning what a good latch feels like for you and what babies look like, when they are feeding well and sucking nutritively vs. sleeping at breast.

6 First 24 hours - Have an experienced person sit with you, watch your position and latch techniques and point out the details of what makes a good latch and feeding.

7. It should feel like your nipples are tugging or sliding painlessly back and forth in your baby's mouth. If you are experiencing any pinching, clamping, biting sensations when your baby is feeding, these are all signs that the latch needs improvement. To keep breastfeeding without improving the latch, will likely result in nipple trauma.

8 It will be important for you to record all breastfeedings. Record what times your baby fed. Record every diaper change – wet and dirty. If you have questions, write these down. When you have someone helping you with breastfeeding, they will want this information you recorded. Put all your questions on the same paper. Having all the information in one place will be helpful. You will have your questions handy.

9. Take Care of yourself and your needs. **Number 1 on this list bears repeating – Keep your baby with you.** Lots of skin to skin. Keep your baby tucked in with you against your chest. This is a great way to ensure you are resting and not missing any of your baby's hunger cues.

10. The first 24 hours are about you resting, beginning to recover from the birth and getting to know your baby.

11. It is helpful to know what normal feedings should be like, should feel like. Same with output – what is normal.  
See # 15



12. Focus now on second full day. Your baby should be showing signs of hunger approximately 7-9 times a day, Until you are are breastfeeding is going well, it is advisable to always offer both sides each feeding time,

13. First 24 hours - No soreness or pain and a good active suckling rhythm, are 2 signs that breastfeeding is going in the right direction.

14. Comfortable feeds for you with no nipple or breast pain. Counting feeding frequency and recording babies output are important at this stage.

15 . For more detailed information on what to expect the first week or so, go to: [allaboutbreastfeeding.biz](http://allaboutbreastfeeding.biz) and read - Very early basics of newborn breastfeeding.

16. First 24 hours – output and feeding frequency and sleeping behavior can be quite different than what occurs from the 2nd day on. Please remember the information here is limited to the first 24 hours. You will want to read further so you can prepare yourself for the next 6 days and what to expect.



## Normalize Breastfeeding - What's the point?

1. Women are experiencing Nursing in Public (NIP) situations when they are seen feeding their babies in public places.
2. Women are being shamed by being told that they cannot breastfeed in public.
3. Women are being lied to and told that it is illegal to breastfeed in public, when in fact, it is a woman's right and the law that she can breastfeed in public anywhere she is legally able to be, she can legally breastfeed her children.
4. The point? It pains me to even have to point out that it is a woman's right to breastfeed her children wherever she is. How did we, as a society ever come to this? That a babies basic right to be fed, comforted and hydrated, be stripped away from them? That we have to make laws to ensure this does not happen?
5. Together we can stop the shame, harassment and discrimination against mothers and babies and breastfeeding.
6. What will it take? Well the law is in your favor. Now we need for more mothers to feel comfortable about breastfeeding in public.

7. The more you do it in your community, the more people will see it and the more common it becomes, the less people will think twice about it.

8. Think about it. When is the last time you saw a mother breastfeeding her baby? In a public place?

9. You can spend a whole afternoon at any major shopping mall, see hundreds of mothers and babies, and perhaps once in a while see a mother breastfeeding her baby.

10. Why? Because they are hiding somewhere feeding their baby. They are inhibited because it is not the normal thing for them to see. They have been shamed or discriminated against. They do not want to bring attention to themselves as they sit quietly and feed their baby. They are afraid. They stay home.

11. What can you do to support NIP? Next time you see a mother breastfeeding, simply smile and tell her you appreciate her breastfeeding in public.

12. Once you get the hang of breastfeeding in your own home, sit in front of a mirror and breastfeed your baby. See what it looks like from someone else's perspective. If you would like to be more discreet, practice in front of the mirror, using a nursing shirt or a light blanket over your shoulder. Do what feels most comfortable for you so you too, can breastfeed your baby in public.



## One last thing

It has been a pleasure putting down all this information for you in one booklet. I hope that you have taken away a lot of good information and are ready to take action in the areas that you need to.

Please send me your thoughts and feedback. I am always looking for ways to help make your breastfeeding experience a better one. You can contact me via my website: [allaboutmothering.com/contact](http://allaboutmothering.com/contact)

You can also stay in touch with me several different ways of  
body text

Facebook

Twitter

Pinterest

Linkedin

Read my weekly Blog

Sign up to receive my weekly emails where you can hear the latest news, podcasts

I wish you a beautiful breastfeeding experience and happiness and joy as you begin your journey into motherhood.

*Lori*



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