

# CHICHIHUALLI LACTATION CIRCLE CHALCHIUHTLICUE



## GUARDIANS OF LACTATION







HUMAN MILK  
PROTECTS AGAINST:  
INFECTION  
INFLAMMATION

HUMAN MILK CONTRIBUTES TO:  
IMMUNE MATURATION  
ORGAN DEVELOPMENT  
HEALTHY  
MICROBIAL COLONIZATION

**Every drop of  
your milk is as  
precious as  
gold & jade.**



## Benefits of Chichihualli Milk

HUMAN MILK HAS MORE OF THE GOOD THINGS BABIES NEED!

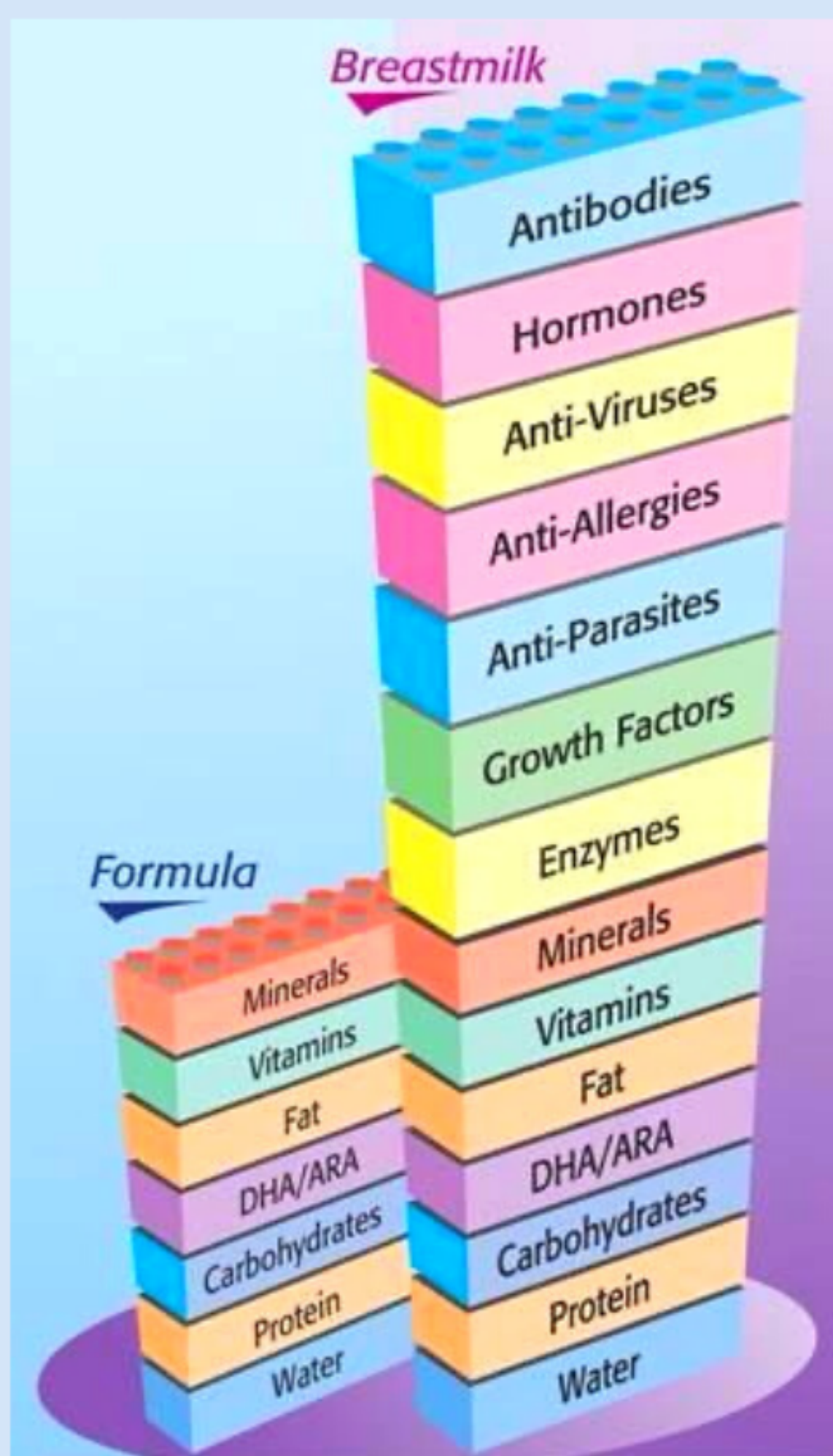


Photo Credit: WIC Women Infant & Children

BABIES WHO BREAST/CHEST FEED GET SICK LESS OFTEN  
THAN FORMULA FED BABIES. BREAST/CHEST FED BABIES  
ARE LESS LIKELY TO HAVE:

RESPIRATORY INFECTIONS (BREATHING PROBLEMS)  
DIARRHEA  
CONSTIPATION  
EAR INFECTIONS  
ALLERGIES AND ECZEMA  
ASTHMA  
CHILDHOOD CANCER  
CRIB DEATH (SIDS)

LATER IN LIFE, BREAST/CHEST FED BABIES ARE LESS  
LIKELY TO DEVELOP HEALTH PROBLEMS INCLUDING:

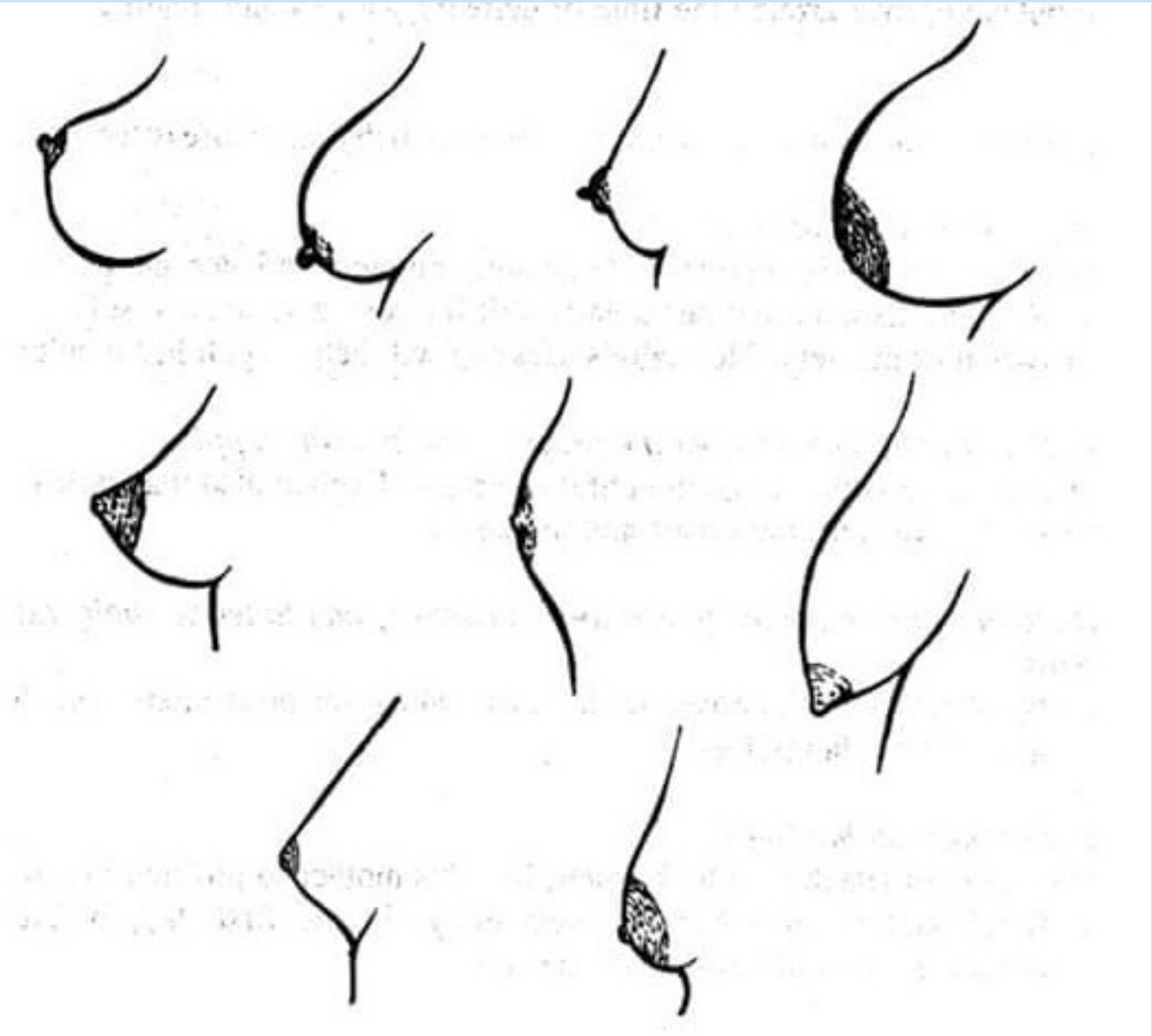
DIABETES  
OBESITY  
ASTHMA  
HEART DISEASE





THE CONTENTS OF YOUR BABY’S NAPPIES WILL CHANGE DURING THE FIRST WEEK. THESE CHANGES WILL HELP YOU KNOW IF FEEDING IS GOING WELL. SPEAK TO YOUR MIDWIFE OR DOCTOR IF YOU HAVE ANY CONCERNS.

| Baby’s age            | Wet nappies                                   | Dirty nappies  |
|-----------------------|---|--|
| 1-2 days old          | 1-2 or more per day<br>urates may be present* | 1 or more dark green/black ‘tar like’ called meconium  |
| 3-4 days old          | 3 or more per day<br>nappies feel heavier     | At least 2,<br>changing in colour and consistency – brown/green/yellow, becoming looser (‘changing stool’) |
| 5-6 days old          | 5 or more<br>Heavy wet**                      | At least 2, yellow; may be quite watery  |
| 7 days to 28 days old | 6 or more<br>heavy wet                        | At least 2, at least the size of a £2 coin yellow and watery, ‘seedy’ appearance                           |



CHICHIHUALLI COME IN ALL SHAPES AND SIZES. THIS MEANS THAT THERE IS NOT ONE SIZE FITS ALL APPROACH TO BREAST/CHEST FEEDING. KNOWING HOW TO ASSESS YOUR BREASTS/CHEST AND IDENTIFYING THE UNIQUE SUPPORT THAT YOU NEED AHEAD OF TIME IS KEY TO BREAST/CHEST FEEDING SUCCESS.

# DEBUNKING “DRY UP” MYTHS

## Maintaining Milk Without Mixed Messages

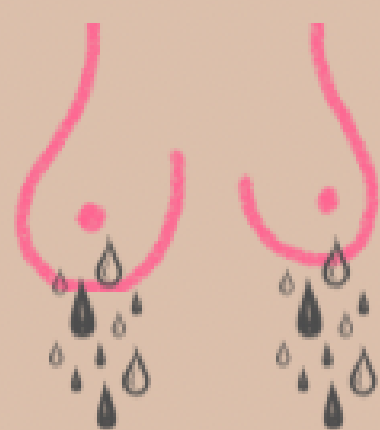


Chichi Milk does  
NOT  
mysteriously  
“dry up”  
& a parent does  
NOT  
mysteriously  
“lose”  
their milk supply.





# The dynamics of Chichi Milk Production are **universal.**



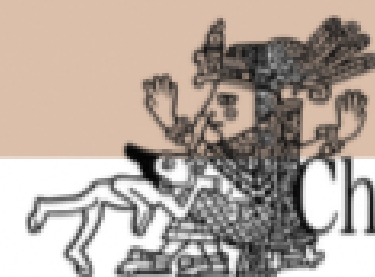
**drained chichis make milk  
faster**

\*Having drained chichis sends signals to your body  
to make milk faster.



**full chichis make milk  
slower**

\*Keeping your chichis full sends signals to your body  
to make milk slower.



Chichihualli



The amount & duration of daily milk removal required for parents to maintain a full milk production is **unique.**

**Many factors affect milk yields including:**

**whether milk is expressed between regular nursing sessions**

**or whether milk is expressed to replace a nursing**

There is NO “magic number” or standard amount of time a parent needs to remove their milk in order to maintain it. Parents should note their feelings of fullness & be encouraged to connect with their chichihualli as **markers of time.**





# BREAST/CHEST FEEDING IS GOING WELL WHEN...

|  <b>Breastfeeding is going well when:</b> |  <b>Talk to your midwife / health visitor if:</b>   |
|--|--|
| Your baby has 8 feeds or more in 24 hours  | Your baby is sleepy and has had less than 6 feeds in 24 hours  |
| Your baby is feeding for between 5 and 40 minutes at each feed   | Your baby consistently feeds for 5 minutes or less at each feed<br>Your baby consistently feeds for longer than 40 minutes at each feed  |
|  | Your baby always falls asleep on the breast and/or never finishes the feed himself   |
| Your baby has normal skin colour   | Your baby appears jaundiced (yellow discolouration of the skin)<br><br>Most jaundice in babies is not harmful, however, it is important to check your baby for any signs of yellow colouring particularly during the first week of life. The yellow colour will usually appear around the face and forehead first and then spread to the body, arms and legs. A good time to check is when you are changing a nappy or clothes. From time to time press your baby's skin gently to see if you can see a yellow tinge developing. Also check the whites of your baby's eyes when they are open and the inside of his/her mouth when open to see if the sides, gums or roof of the mouth look yellow |
| Your baby is generally calm and relaxed whist feeding and is content after most feeds                                    | Your baby comes on and off the breast frequently during the feed or refuses to breastfeed  |
| Your baby has wet and dirty nappies (see chart over page)  | Your baby is not having the wet and dirty nappies explained overleaf   |
| Breastfeeding is comfortable   | You are having pain in your breasts or nipples, which doesn't disappear after the baby's first few sucks. Your nipple comes out of the baby's mouth looking pinched or flattened on one side   |
| When your baby is 3-4 days old and beyond you should be able to hear your baby swallowing frequently during the feed     | You cannot tell if your baby is swallowing any milk when your baby is 3-4 days old and beyond  |
|  | You think your baby needs a dummy  |
|  | You feel you need to give your baby formula milk   |

THERE ARE TIMES IN THE EARLY DAYS WHEN YOU MAY NEED TO SUPPLEMENT OR BE AWAY FROM YOUR BABY. HAND EXPRESSION IS A GREAT TECHNIQUE TO USE FOR TEMPORARY REMOVING MILK TO PROVIDE SUPPLEMENTATION, WHILE MAINTAINING MILK PRODUCTION.

THE FOLLOWING ORGANIZATIONS ARE AVAILABLE TO PROVIDE FREE ONLINE AND OVER THE PHONE LACTATION SUPPORT.



LA LECHE LEAGUE USA  
BREASTFEEDING USA





THANK YOU,

