

Breastfeeding...

How To Breastfeed

Benefits for Mom and Baby

Breastfeeding is the perfect food for baby. Babies tummies are designed for breastmilk!

Breastmilk:

- Reduces your baby's risk for illness and disease like asthma, allergies, Crohn's disease and some cancers
- Is easier to digest so baby has less gas and constipation
- Is the perfect food for baby so it reduces the risk for obesity later on
- Is free
- Is always available

Breastfeeding:

- Reduces mom's risk for certain cancer's like ovarian and breast cancer
- Helps mom return to pre-pregnancy weight faster
- Is something mom can be proud of!

How to Breastfeed

- 1) Get comfortable! Make sure you and baby are both in a comfortable position.
- 2) Hold your baby close to you, facing your chest.
- 3) Position baby with their nose opposite your nipple
- 4) Support your breast if needed
- 5) Touch baby's nose to your nipple to make them open wide
- 6) When baby has a VERY wide open mouth (like a yawn), quickly move baby to your breast, chin first.
- 7) If you experience ANY pain, insert a clean finder into baby's cheek to break the suction and try again.
- 8) If you and baby are comfortable, listen for swallowing and continue nursing!
- 9) Feed baby on demand– when they show hunger cues! Babies should eat every 1-3 hours.

Feed at First Signs of Hunger Cues!

These include:

- Rooting– turning head towards the breast
- Lip Smacking
- Sticking out their tongue
- Sucking on their hands
- Becoming Restless

**Don't wait for baby to cry!
Frustration makes it harder to latch!**

How do I know baby is getting enough?

The most common worry that new moms have is whether or not baby is getting enough milk! Here are some easy ways to tell if baby is getting enough.

- Baby will have at least six wet diapers per day once your milk comes in.
- Baby will usually seem content after feedings. Their hands will be open and relaxed and they often seem drowsy
- Baby will have a regular pattern of stooling in the first few weeks.
- Baby will gain weight. A lactation consultant can weigh your baby for you!

Need breastfeeding help? Call 715-421-8911 for a lactation consult-

