



## PrenatalCare

Healthy moms, healthy babies = Our priority

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# BREAST IS BEST



**Start nursing as early as possible.** In most cases, nursing can begin 30 minutes to an hour after delivery. For the first few days, your body produces colostrum—a thick, creamy substance that provides your baby with antibodies and essential nutrients. Usually, your milk will begin to flow between the second and fourth day.



**Use both breasts at each feeding.** It is important to feed from both breasts because the composition of the milk differs from the beginning of the feeding session to the end. Also, alternate the breast with which you start the feeding. Some women put a safety pin or ribbon on their bra strap to help them remember which breast to start with.



**Let your nipples air dry.** This will help prevent them from getting dry and cracking. If the nipples do get dry and cracked, you can coat them with breast milk or other natural moisturizers, like Vitamin E or lanolin, to help them heal. Make sure to clean these substances off before feeding. In addition, avoid bra pads lined with plastic. Do not use soap or lotions with alcohol on your nipples.



**Expect some soreness.** For the first week or two, while your nipples are getting used to feed, you can expect a little soreness.

## Ways to Increase Milk Supply

Most of these are available at your local store such as Wal-Mart, Walgreens, GNC, etc., or you can order online. Please contact your provider if interested in a prescription.



### Over-the-counter

Fenugreek  
Blessed Thistle  
Mothers Milk Tea  
Red Raspberry  
Brewer's Yeast  
Dark Beer  
Increase Oat Take  
(example: oatmeal)



### Prescription

Reglan  
Domperidone



## Breastfeeding is a wonderful and healthy choice for you and your baby.

### Benefits for Mom and Baby

The American Academy of Pediatrics recommends breastfeeding exclusively for the first six months and then until one year of age for maximum benefits.

- Breastfed infants have higher IQs and are less likely to develop diabetes, allergies, cancer and childhood obesity.
- Breastfed babies are sick less often and healthier over their entire lifetime thanks to the protective benefits of breastmilk.

### Breastfeeding also protects Moms

- From several types of cancer.
- Reduces her risk of diabetes.
- Helps her lose pregnancy weight.
- Breastfeeding saves money (fewer doctor visits, no expensive formula to buy).
- And is good for the environment.

### Tips for getting off to a good start

Learning to breastfeed may take some time, but with the right support, almost all mothers and babies can successfully breastfeed. It is important to put baby to breast as soon as possible after delivery. This skin-to-skin contact promotes milk production and begins laying the groundwork for a healthy milk supply.

- Avoid artificial nipples at this early stage. No pacifiers or bottles.
- Room in with your baby.
- Feed at the first signs of hunger: increased alertness/activity, turning head side to side, putting fist in mouth.
- Don't wait until your baby is crying to try and latch on. It is much easier to feed a calm baby.

### What to expect for the first two weeks

Plan to feed often. Breastfed infants need to nurse every one to three hours, around the clock. This is a good time to limit your activities and just focus on bonding with your new baby and establishing a good milk supply. Many parents worry about whether their baby is getting enough milk. Watch for these signs that your baby is getting enough breastmilk:

- Your baby feeds eight to 12 times in 24 hours.
- You hear or see your baby swallow during feedings.
- Your baby is happy and satisfied after a feeding.
- Your baby has six or more wet diapers and at least three yellow poops by day five.
- Your baby has regained their birth weight by 10-14 days.
- Your breasts feel full before feeding and noticeably softer afterwards.

### Don't wait to call for help! Contact a breastfeeding expert if

- You are considering stopping breastfeeding or giving formula because of problems with breastfeeding.
- Your baby is very sleepy and does not wake to feed.
- Your baby is restless and fussy after breastfeeding.
- Your breasts are uncomfortably full and do not soften after feeding; or if you have sore or painful nipples.

