

Benefits for Parents

- Parents sleep better when babies only breastfeed.
- Cost savings of over \$1500/year
- No need to prepare formula
- Better for the environment
- Protects mothers from:
 - Depression
 - Heart Disease
 - Diabetes
 - High blood pressure
 - Breast cancers
 - Ovarian cancers

Formula-Fed Babies are at Greater Risk for

- Obesity
- Stomach infections
- Leukemia
- Ear infections
- Lung infections
- SIDS
- Diabetes
- Allergies

Before Baby is Born

- Attend a breastfeeding class, childbirth class or La Leche League meeting.
- Inform yourself about breastfeeding.
- Inform yourself about pain relief methods during labor that do not affect breastfeeding such as massage; paced breathing; relaxation exercises; or a bath, a shower, a position change, or a walk. A labor coach or doula is very helpful.

How to Get Started

Breastfeed as soon as possible after baby is born. Start with constant, early skin-to-skin contact.

Your newborn may be sleepy the first day of life. **Be patient.** After this sleepy time, your baby will **eat often** to tell your body to make milk. This is normal and only lasts a few days.

Signs of hunger are sucking on hands, mouth movements, and bobbing the head in search of the breast. Your baby is ready to eat when you see these.

The **side-lying position** is helpful when you are tired.

Offering **bottles or pacifiers** may confuse your baby and are likely to decrease your milk supply.

You do not have to avoid certain food or drink milk. Eat a healthy diet and drink to quench thirst. **Call your nurse** to help you get started and check how feedings are going.



Skin-to-Skin Contact

- Eases the stress of being born
- Scent of the mother's breast helps guide baby to breast to breastfeed
- Improves breastfeeding
- ↑ milk supply
- ↓ newborn infections
- ↑ weight gain
- Helps newborn sleep
- Regulates body temperature
- ↓crying

Helpful Tips

- Believe that you have milk.
- Don't formula feed.
- Don't use a pacifier.
- Don't schedule feedings.
- Room with your baby.
- It is normal to experience nipple tenderness for the first 7-10 days, but for constant pain or nipple damage, please call for help.

Fathers Play an Important Role

Moms are **ten times** more likely to breastfeed if they have the support of their partner. Babies thrive when dads are involved with care like diapering, burping and cuddling. Giving bottles in the first few weeks may interfere with breastfeeding success.

More Breastfeeding = More Benefits

We recommend exclusive **breastfeeding** for the first 6 months, and **continued breastfeeding** for the second 6 months when you introduce solid foods. **Continue to breastfeed** for as long as you and your baby desire after the first year.

Going Back to School or Work

You may choose to pump your breasts while you are away from your baby to keep your milk supply, and to continue to feed your baby breastmilk. You will receive information about this during your hospital stay and you may call the lactation clinic for help.

Breastfeeding Assistance

UNMH Lactation Clinic: 505-272-0480

Childbirth Classes: 505-925-6550

La Leche League: 800-525-3243 www.llli.org

New Mexico Breastfeeding Task Force:
www.breastfeedingnewmexico.org

Medications with breastfeeding
Hotline: 806-352-2519

www.4woman.gov/breastfeeding

Helpline: 802-994-9662

You and Your Baby – given before birth

Breastfeeding Your Baby – given after birth

To be sure all your nurses know your feeding choice, ask them to place this sign on your baby's crib:

**To All My Nurses: While I'm here
and learning to breastfeed,
PLEASE NO BOTTLES OR PACIFIERS.**

**My Mom will be happy to breastfeed me
whenever I fuss.**

Thanks, Baby _____

Mothers often give up breastfeeding in the learning stage because they have little guidance and support.

Call the lactation clinic for a class to help you prepare and succeed.

F/K 6.6 12/10

UNM Hospitals Lactation Services

Mother/Baby: 505-272-5934

Newborn ICU: 505-272-2149

ICN: 505-272-4192

Lactation Clinic/Classes: 505-272-0480

Call any of the above numbers for access to the employee pumping room.

**WE ARE HERE TO HELP YOU SUCCEED
AT BREASTFEEDING.**



Give the Gift of Breastfeeding

Breastfeeding is the normal and healthy way to feed your baby and breastmilk has **all** your baby needs. You and your baby will get the most benefit from breastfeeding when your baby gets **100% breastmilk**. Your newborn does not need any water or formula. Babies get small, powerful doses of colostrum while they are learning to breastfeed. The more you breastfeed, the more milk you make.

