



*CONGRATULATIONS on your PREGNANCY!*

## **HOW ARE YOU GOING TO FEED YOUR BABY?**

*We Recommend Breastfeeding*

### **DID YOU KNOW?**

- Breastfeeding helps you get back to your normal weight and size faster.
- Breastfeeding lowers your risk of ovarian and breast cancer.
- Studies show breastfeeding cuts the risk of Sudden Infant Death Syndrome (SIDS) in half.
- Breastfeeding helps protect babies from ear infections, meningitis, RSV, asthma, diabetes, allergies, and obesity.

### **HOW DO YOU MAKE IT WORK?**

- When you are in the hospital, keep your baby in the room so you can nurse whenever the baby wants.
- Put your baby to the breast within the first hour of life. Studies show baby is most interested between 50-60 minutes of age.
- You have exactly what your baby needs from the very first day.
- Feed your baby at least every 2 to 3 hours night and day.
- Know that you are making concentrated breast milk at first and your breasts will NOT feel different or FULL until 3 to 5 days after the baby is born.
- DO NOT offer any formula to your baby. This will hurt your chances of teaching your baby how to breastfeed. Talk with your baby's doctor BEFORE giving any formula.
- ASK FOR HELP if you need it from the nurses, doctors, or the Lactation Consultants.
- Breastfeeding SHOULD NOT be painful—GET HELP if you are feeling pain while breastfeeding.
- Don't use a pacifier for the first 2-3 weeks until breastfeeding is established.

Take the Breastfeeding Basics Class, held every month on the fourth Saturday 10am – noon.

Our Lactation Consultants will help you get a great start! Call (434) 982-3678 to register.