



CAN YOU TELL ME MORE ABOUT BREASTFEEDING? ---

Breastfeeding is one of the most important things you can do for both you and your baby. Did you know that women who breastfeed have lower chances of breast, uterine, ovarian, and endometrial cancer, throughout their lifetime? Did you know that your breasts are able to sense infection and make antibodies to either prevent your baby from getting sick or help them get better if they are already sick? There are many other benefits, as well. Below are some tips to help with breastfeeding should you choose this method.

Nurse early and often: “Nurse early and often” is a tip that the La Leche League, who is considered the world’s foremost authority on breastfeeding, has long advocated. Why? Breastfeeding soon after birth and frequently thereafter helps to establish milk supply and helps your uterus contract, reducing postpartum bleeding and other complications.

Babies are typically born ready to nurse within about 20 minutes of birth and the experience of many has shown that this is the ideal time to introduce the breast. Not limiting baby’s time at the breast, but rather nursing when baby indicates the desire, means mom will develop a healthy milk supply and avoid issues with plugged ducts or mastitis.

Build a support network: Even though mom and baby are the ones breastfeeding, building a network of supportive people is key. This would include taking steps such as: making sure your baby’s father strongly supports breastfeeding; educating family members close to you about breastfeeding; finding health care practitioners who are breastfeeding knowledgeable/breastfeeding advocates; and making friends with other moms who can be a source of information and support.

Give it six weeks: For some, nursing is smooth sailing. For others, it’s one challenge after another. Most of the time breastfeeding gets easier after the 6-week mark. Take it one day at a time, but don’t give up too quickly. It is surprising how often things magically improve once the baby matures a bit. Get help from a Lactation Consultant, La Leche League, or another breastfeeding mom if you need it. If you were not provided with the contact information for a Lactation Consultant after delivery, please contact our clinic for information, call the breastfeeding hotline available 24/7 at 877-271-MILK (6455), or text OK2BF to 61222.