



About Breastfeeding

Breastfeeding is the healthiest way to feed your baby. Not only are there multiple health advantages for your baby such as reduced infections and obesity, did you know that breastfeeding can lower your own risk of certain cancers and heart disease?

Right from the start:

After the birth, your healthy baby will stay in your room with you for the entire hospital stay. After being born, the first place your baby will be is directly against your body, skin to skin covered by a warm blanket. We know this helps the baby adjust from being a fetus to a newborn in many ways. It helps to keep the baby warm, stabilizes the heart and breathing, calms the baby, and is just the nicest way to say your first hello! When your baby stays with you during your hospital stay, it is easier to learn how the baby tells you “I’m hungry,” it is easier to learn to care for the baby, and easier to respond to the baby when it’s time to eat!

What if I don’t have enough milk?

This is a common concern expressed by many new mothers, and may be the reason the human race has survived! When mothers worry about this, they tend to offer the baby more frequent breast feedings! If everything is going well, there is no reason to think about offering anything but your breastmilk. Giving formula when there is no medical indication to do so, may make your baby less eager for breastfeeding, could make it easier for your baby to become ill and over time, could reduce your milk supply. If your plan is to totally breastfeed your baby, you will want to do lots of feedings (8 or more) each 24 hours during your hospital stay. The more you feed, the more you will encourage your body to make a great milk supply. There can be situations where giving a baby extra milk beyond breastfeeding is needed. The hospital staff will help you to know if that is necessary with your baby.

Feed your baby whenever she/he is hungry!!

Here is the thing about newborns. In the first few days of life, some of them are very hungry and some of them would prefer to sleep! If you notice your baby sucking on their hands, smacking the lips, moving the tongue in and out of the mouth, this means feed me! It might really surprise you how often this happens. To have the best success with breastfeeding, just respond to your baby by breastfeeding when you see hunger signs. Don't worry about timing feedings, but know that most babies will nurse 5-30 minutes per breast, and it is good to offer both sides. Let the baby decide how much and how often to eat. If you have a very sleepy baby in the first few days, gently awaken the baby at 2-3 hour intervals for feeding. Skin to skin holding is a great way to do this!

What if it hurts?

Sometimes it can in the beginning, but there are many things you can do. It is really important to get the baby positioned correctly in order for the baby to latch well and nurse without hurting you. You may feel some tenderness, but if you are having significant pain, this isn't normal. Ask for help! A quick tip, sit back as if you were on your sofa at home ready to watch a movie! Bring the baby to you, do not lean forward to latch the baby. This simple tip can help tremendously. A good latch is also very important to a good milk supply. Our lactation consultants and nursing staff will help you.

