

Top 10 things You can Do to Meet Your BREASTFEEDING GOALS

Hendricks Regional Health

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Take a Class! HRH offers different classes to meet your needs:

- Breastfeeding Basics (new to breastfeeding)
- Online Breastfeeding Classes
- Pumping (planning on going back to work & breastfeeding)
- Breastfeeding Again (for moms that breastfed before but didn't meet their goals or want a refresher)

Find information and register at www.hendricks.org/events

Know that *every mom and every baby is different.*

What works for one may not work for another. This is because of differences in breast tissue, nipple shape, how a baby latches and sucks. The Board Certified Lactation Consultants at HRH are trained to help you know what will work best for you and your baby.

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Skin to Skin contact with your baby after birth and during the first few weeks of life not only helps you bond, it keeps baby warm and calm and helps your baby learn to breastfeed and your body to make milk.

Decide what your *goals are for breastfeeding.*

- The American Academy of Pediatrics recommends exclusive breastfeeding for 6 months, and until 1 year as foods are introduced.
- The World Health Organization recommends exclusively for 6 months and then continue to 2 years of age or beyond.

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It takes a village – surround yourself with people that will support you and your goals for breastfeeding. Find at least one person that can be your champion (baby's father, birth partner grandmother or friend) and will attend classes with you and support you.

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Breastfeeding is a *new skill* for you and your baby. You are *learning together* and it can take some time and effort to feel confident about it. Be patient, sometimes it takes several weeks to feel like you've got it down. Give yourself time and space to learn.

Keep your baby close while you are in the hospital and the first weeks and months at home. When you are close you have a better chance to learn your baby's hunger cues – how your baby tells you they are hungry - and you are better able to respond quickly. Keep baby in a separate, safe, sleep space in your room at night.

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The way your body knows to make milk is from how often and how long your baby breastfeeds. It is important to *feed early and feed often*. Breastfeeding within a few hours after birth can make a difference in your milk supply even months into the future.

Pumps and Technology can help but are not always necessary. A pump is very valuable when you have to be separated from your baby and can help increase your milk supply. There are lots of apps that make tracking breastfeeding easier and can provide helpful information.

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Find your Resources and ask questions!

Hendricks Regional Health has Lactation Consultants to help before, during and after your delivery. There are also resources in the community to help you including support groups, WIC and home visiting programs.



Lactation Services (317)745-8448