

BENEFITS OF BREASTFEEDING

For Baby

- boosts immune system
- less chance of SIDS
- less chance of obesity
- less allergies
- less diarrheal illnesses
- enhances oral muscles, facial bones and dental development
- less risk of chronic illnesses such as celiac, inflammatory bowel, asthma, and childhood cancers

For Mom

- less chance of breast cancer
- less chance of ovarian cancer
- aids in pregnancy weight loss
- provides skin-to-skin contact with baby
- saves money
- less work after initial establishment of feeding: no washing bottles or preparing formula
- less risk of diabetes
- less risk of osteoporosis
- increases mood: less risk of postpartum depression

Exclusive breastfeeding for 6 months appears to offer the most protection.

Benefits last a lifetime, not just for the duration of the breastfeeding.

Any amount of breast milk your baby gets is better than none at all.

Specialty Staff at FHPA

BREASTFEEDING

Sharlee Korson BSN, RN, IBCLC, CCE

- breastfeeding education
- breastfeeding groups
- weight checks
- feeding difficulties
- pumping issues

Cheryl Denenberg BA, BSN, RN, JD, CLC

- breastfeeding education
- weight checks
- feeding difficulties
- pumping issues

Phone: (616) 949-4465

www.ForestHillsPediatrics.com



Breastfeeding Information

Breastfeeding Groups

Monday 10-11 am

Tuesday 2-3 pm

Wednesday 10-11 am

Thursday 11 am-12 noon

Friday 10-11 am

Returning to work Pump

Class

2nd and 4th Friday

11:30 am

Please call to register



SUPPLEMENTS

- Avoid artificial nipples/pacifiers until breastfeeding has been well established
- Offer breast milk/colostrum only; avoid formula if possible unless directed by your pediatrician

FEEDING FREQUENCY

- Feed your baby 8-12 times in a 24 hour day
- Listen for swallowing when baby is actively sucking
- Remember that not every feeding will go smoothly in the first 48-72 hours. You are both still learning
- Awaken your baby if it has been more than 3 hours since the last feeding

HOW MUCH IS ENOUGH?

- Watch for adequate nutrition by monitoring wet/dirty diapers
- Baby should have 1 wet and 1 dirty for each day of age from days 1-3
- By day 4, your newborn should be wetting 5-6 disposable diapers each day and stooling 3-4 times in amounts equal to the size of a quarter or larger

ADDITIONAL ADVICE

- Make feedings your priority in the early days to help build an adequate milk supply
- Discourage lengthy visits from family and friends
- Remember breastfeeding is a learned art. Be patient in the early weeks. The benefits will be worth the effort once things are going smoothly
- Request a visit from the Lactation Consultant if you experience difficulties or have questions/concerns within the hospital
- Our office wants to help you be successful in your goal to breastfeed. We offer support groups, individual consultations, and phone advice. Please call the office Monday-Friday between 8:00am-4:30pm to make an appointment or to speak with one of our specialty staff. There is a nominal fee, which will be submitted to your insurance company to participate in our groups. Standard care rates apply for individual consults. Please call our billing department for further information.

We applaud you on your decision to breastfeed your baby. The benefits of breastfeeding last a lifetime for both mom and baby. The following suggestions should help breastfeeding be successful.

START OFF RIGHT

- Initiate skin-to-skin contact as soon as possible after birth, and use as needed for a sleepy, uninterested baby. It also is a great way to bond.
- Room-in with your baby so you can learn feeding cues (some babies do their best feeding at nighttime)
- Feed your newborn on demand watching for the following cues:
 1. Rooting- a baby looking for something to suck on
 2. Awakening from a deep sleep and making small body movements and sounds
 3. Making small mouthing motions of lips or tongue
 4. Crying- this is a late hunger cue in early weeks