

The Benefits of Breastfeeding



To your baby

- The milk you make is just right for YOUR baby.
- Breastmilk is easier for the baby to digest than formula.
- Breastmilk fights germs.
- Breastmilk decreases risk for food allergies.
- Breastmilk decreases risk that your baby will develop juvenile diabetes.
- Breastmilk changes as your body changes.
- The act of breastfeeding gives a baby a sense of security and belonging.

To you & your family

- Breastfeeding is convenient - no bottles to prepare, no worrying about proper storage.
- Breastfeeding saves money. Potential savings of \$1,435 in healthcare costs for infants breastfed for six months according to recent research, and \$1,000 in cost of formula for one year.
- Environmentally friendly - no waste to go into landfills.
- Decreases mother's risk for breast cancer prior to menopause.
- Helps moms recover faster from the delivery process.
- Promotes confidence in parenting skills.

Grandparents are important too!

- Provide support and encouragement.
- Schedule outings with other children.
- Bring dinner when visiting.

Dads can help too!

Dads are important people in the parenting process.

What are some ways they can nurture mom & baby?

- Create a positive environment which supports and encourages mom to breastfeed.
- Take time to focus on mom and baby in the early weeks. If possible, cut back on work for a couple of weeks to help mom get to know your baby.
- Help keep the house organized and clean.
- Help the other children adjust. Spend special time with them.
- Take the baby and any other children for a walk while mom takes a shower or rests.
- Hold and cuddle your newborn baby after mom is finished nursing. Give baths and massages to your little one. Talk and sing. Babies love hearing the deeper voices of dads.
- If you see that mom and baby need help, encourage mom to contact a professional who will be supportive of your family's chosen feeding preference. Call Fisher-Titus Medical Center and ask to talk to our Lactation Consultant.

When to Call for Help

- Your baby wets less than four times in a 24-hour period by day four, or urine is orange or dark yellow after three days.
- Your baby's bowel movements have not changed to a yellow-mustard color and increased in amount and frequency by day four.
- Baby is nursing less than eight times a day or more than 14 times a day.
- You cannot hear your baby swallowing during feeding. Frequency of swallowing at the breast should increase throughout the first week. You should not hear a clicking sound.
- Your baby's skin is becoming yellow in color.
- You have sore nipples which are not getting better or are becoming more sore, are cracked or bleeding.
- Your breasts are so engorged (swollen and hard) that you cannot latch baby on. You notice any red areas or lumps on your breasts.
- You have ANY concerns about breastfeeding.
- Your baby is listless, soft spot is depressed, color is pale, and mucous membranes are dry inside of mouth.