

Breastfeeding Basics

ODS



10 great reasons to breastfeed

- ① Human milk is the perfect food for all newborns.
- ② Breastfeeding creates a strong bond between mother and baby.
- ③ Breastfeeding lowers the risk of breast and ovarian cancer.
- ④ You can save over \$2,500 a year compared to the cost of formula.
- ⑤ Breastfeeding helps the mother lose weight.
- ⑥ Breastfeeding helps the baby develop.
- ⑦ Breastfed babies have less serious illnesses and fewer allergies.
- ⑧ Breastfed babies have higher IQ's.
- ⑨ Breastfeeding is good for the environment.
- ⑩ Human milk has a mix of nutrients and antibodies that help babies thrive.

Source: American Academy of Pediatrics

How to rally support

- ☆ Get advice from someone who has enjoyed breastfeeding.
- ☆ Take a breastfeeding class before you give birth.
- ☆ Involve your baby's father in your decision to breastfeed.
- ☆ Find a doctor who supports breastfeeding. Tell the nurses in the hospital that you are planning to breastfeed.
- ☆ Talk with the lactation nurse while in the hospital.
- ☆ Find a breastfeeding support group in your area.
- ☆ Success begins at birth. Your baby is awake and ready to learn to suck in the first hour after birth.
- ☆ Pain medication given during labor may make your baby sleepy. **Be patient.**



Plan ahead to breastfeed.

- * Before you go on maternity leave, ask your employer if there is a lactation policy or benefit.
- * Ask if you will have a private place and time to express milk. You will probably need to pump two to three times in an eight-hour workday, for about 10 to 15 minutes each time.
- * Consider buying a breast pump. There are many styles available. Most mothers who work prefer an electric pump. There are also manual pumps.
- * Choose a childcare provider who will feed your child expressed breast milk, and welcome you to feed your baby during the workday.



Two or three weeks before returning to work

- » Begin to establish a milk expression schedule if you will be expressing milk at work.
- » If you will not be able to express milk at work, begin to replace one feeding during the day with formula. Your milk supply will have a chance to adjust.
- » Breastfeed more often in the evenings and on weekends when you and your baby are together. This will help maintain your milk supply.
- » Take care of yourself –get enough sleep and eat a healthy diet.

Resources



www.LaLecheleague.org – find a local support group

www.breastfeeding.com – multiple resources for new mothers

www.aap.org – national pediatric guidelines



For more information contact: ODS Health Promotion Program • 503-948-5548 • 1-877-277-7281
www.odscompanies.com