

Prenatal Breastfeeding Education

1. Breastfeeding Recommendation:

- Exclusive breastfeeding for the first six months of life.

2. Benefits of Breastfeeding:

Babies who receive breastmilk have LESS risk of

- Food allergies
- Diarrhea
- Ear infections
- Respiratory infections
- Obesity
- Diabetes
- Leukemia
- SIDS (sudden infant death syndrome)

Mothers who choose to breastfeed have LESS risk of:

- Osteoporosis
- Breast cancer
- Ovarian cancer
- Postpartum hemorrhage
- Type II diabetes

3. Importance of rooming in:

- Helps mothers to identify early feeding cues
- Helps mothers and babies with bonding and attachment

4. Benefits of early skin-to-skin contact:

- Maintains baby's temperature (keeps baby warm)
- Increases bonding and attachment
- Reduces crying
- Increases exclusive breastfeeding

5. Positioning and attachment:

- Hold baby close
- Tummy to tummy/chest to chest
- Mouth open wide
- Chin touching breast
- Lower lip flanged outward

6. Breastfeed on demand at least 8 times (or more) in 24 hours. Do not place time constraints on breastfeeding. Following baby's early feeding cues:

- Rooting
- Licking lips
- Sticking tongue out
- Fingers/hand to mouth
- CRYING is a late sign of hunger

