

One Maternity Services

Initial Breastfeeding and Baby Friendly Patient Education

Congratulations on your pregnancy! Thank you for choosing Carolinas HealthCare System for your care during this life-changing time. Our team is here to give you the support you need. Please read through this information and talk to your doctor or midwife if you have any questions.



Carolinas HealthCare System

Carolinas HealthCare System is working toward becoming Baby Friendly® at its hospitals. This is an international award given when a hospital provides proof of completing the Ten Steps to Successful Breastfeeding. Following the Ten Steps has been shown to provide the best health outcomes for mom and baby.

The Ten Steps Are:

- 1 We have a written breastfeeding policy that is routinely shared with all staff.
- 2 We train all staff in the skills needed to carry out this policy.
- 3 We share the benefits of breastfeeding and management with all of our pregnant patients.
- 4 We help mothers start breastfeeding within one hour of birth.
- 5 We show mothers how to support breastfeeding even if they are separated from their babies.
- 6 We give babies no food or drink other than breast milk unless there is a medical reason.
- 7 We practice rooming-in, allowing mothers and babies to stay together 24 hours a day.
- 8 We encourage baby – led feeding.
- 9 We give no pacifiers or artificial nipples to breastfeeding babies.
- 10 We refer mothers to breastfeeding support groups.

How Often You Need to Express Your Milk

Emptying the breasts, either by baby or by pumping determines milk supply. Feeding the baby as often as long as baby wants means you will make as much milk as the baby needs. When a baby sucks a pacifier or bottle, the breast does not get the stimulation to make milk. Avoid pacifiers for the first 30 days while the baby is learning to breastfeed.

Pacifiers

Pacifiers are not given to well babies in the hospital. However, they may be used during painful procedures, such as circumcision, for your baby's pain relief.

Your Support Team Can Help Too

Dads/support people are important to breastfeeding success. Your support team can help you with tasks like changing diapers, baths and rocking the baby to sleep. They can cook meals, clean house and do other tasks you routinely do. Remember, babies love to be skin-to-skin with dads/support people too!



Breast Feeding Benefits

For baby:

- Better mental development
- Protection against ear infections
- Protection against chest infection and wheezing
- Lower risk of diabetes
- Protection against diarrhea and tummy upsets
- Less smelly diapers
- Less eczema
- Better mouth formation

For mom:

- Lower risk of early breast cancer
- Stronger bones in later life

Importance of Early Skin to Skin Contact

Our goal is for your baby to be placed skin to skin as soon as possible after birth and continue for at least one hour and the first breastfeeding. The first breastfeeding is very important for successful breastfeeding and bonding. Let your family know that they will be able to hold the baby after that very important first hour. If you have a C-section, we will help you get skin-to-skin as soon as you are able to.

Rooming-In 24 Hours a Day

Every mom and baby should stay together 24 hours a day unless there is a medical reason to be separated. Keeping you together allows you to get to know each other and improves your milk supply. It also helps baby learn to live outside the womb, and decreases baby's risk of an infection.

Start Breastfeeding Early

Babies are alert for the first few hours after birth. This is the best time to start breastfeeding. After this short time, babies sleep a lot the rest of their first day. If you are separated from your baby, we will show you how to express your milk within the first hour after birth. This will help your body make enough milk.

Breast milk may help protect baby from:

- Heart disease
- Sudden infant death syndrome (SIDS)
- Obesity
- Diabetes
- Childhood cancer
- Ear infections
- Stomach infections
- Seasonal allergies and asthma

Breast milk helps the brain to develop and increases IQ.

Breastfeeding is Good for Mom Too

Studies show that moms who breastfeed are less likely to get:

- Diabetes
- Postpartum depression
- Breast and ovarian cancer
- Rheumatoid arthritis
- Osteoporosis
- Heart disease

They will also have a faster recovery from their delivery (including returning to their pre-pregnancy weight quicker).

More Breastfeeding Benefits

- Breastfeeding is the gift of a lifetime, a gift that only mother can give.
- Breastfeeding is free. Formula costs more than \$1,700 dollars each year, plus supplies.
- Breast milk requires no preparation, is easier for your baby to digest and requires no clean up or disposal.

Breastfeeding is Best

Past Experiences

Every birth experience is different. Every breastfeeding experience is different. Even if you had problems in the past, we encourage you to try breastfeeding again. We have staff ready to help you.

Exclusive Breastfeeding

Most babies need only breast milk for the first six months of life. This is the size of a newborn's stomach:



You Have A Choice

Some women are unable to breastfeed due to medical reasons, and other women choose not to for personal reasons. As your healthcare team, we want to support you and your choices. This is a big decision. We want you to be educated about your choices. Please ask if you have any questions or need additional support. Whether you choose to breastfeed or not, we still encourage skin-to-skin care and rooming-in so your family can have the very best start.

For more information, please speak with your doctor or midwife and visit:

Baby Friendly USA: www.babyfriendlyusa.org

World Health Organization: www.who.int/en/

Centers for Disease Control and Prevention: www.cdc.gov/

American Academy of Pediatrics: www.aap.org

Women Infant Children Program: www.fns.usda.gov/wic/breastfeeding/mainpage.HTM

Please visit our website and/or ask your provider for a brochure of prenatal classes available: CarolinasHealthCare.org/womens-services-maternity.



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