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