

Benefits of Breastfeeding

Research suggests that breastfed babies have lower risk of:

- Asthma
- Childhood Leukemia
- Childhood Obesity
- Ear Infections
- Eczema
- Diarrhea and Vomiting
- Lower Respiratory Infections
- NEC
- SIDS
- Type 2 Diabetes

Benefits to Mothers Include:

- Lower risk of breast and ovarian cancers
- Decrease risk of bleeding, osteoporosis, promotion of weight loss, bonding, decreased cost, environmental benefits (<http://www.womenshealth.gov/breastfeeding/breastfeeding-benefits.html>)

What Should I Eat or Drink While Breastfeeding?

Drink plenty of non-caffeinated drinks (6-8, 8-oz cups per day). Your urine should be a light yellow color. Over hydration can decrease your milk supply and under hydration can increase fatigue.

Your body needs an additional 500kcal each day in order to make milk for your baby. Eating a balanced diet with many fresh vegetables and fruits, protein, as well as healthy fats is important during breastfeeding.



Additional Resources


CPG Pediatrics Lactation Support
4022 Postal Way Myrtle Beach, SC
843-903-4111

American Academy of Pediatrics
<http://www.aap.org/breastfeeding/>

U.S. Government Information
<http://www.womenshealth.gov/breastfeeding/>

La Leche League <http://www.llli.org>
<http://kellymom.com>
<http://theleakyboob.com>

Ashley Gibbs FNP-BC, IBCLC is an International Board Certified Lactation Consultant, Nurse Practitioner, previous labor and delivery nurse and mother of four who brings a balanced and compassionate approach to helping families navigate the challenges and joys surrounding the health and wellbeing of children and offers lactation support via scheduled visits or walk-in appointments.

 **Conway Physicians Group**
Pediatrics @ Carolina Forest
Lactation Support
4022 Postal Way • Myrtle Beach
843.903.4111



Breastfeeding Basics



Getting off to a great start for
you and your new baby.

Where Do I Begin?

Proper latch



Start off skin to skin with your baby. Position your baby so that your baby is belly to belly with you. A proper latch is important for your comfort and for adequate milk removal.

Start out nose to nipple. Tickle your baby's mouth with your nipple. Allow your baby enough head room so that your baby can move his or her head back. Wait for a wide-open mouth. When your baby has a wide mouth, draw your baby in close to you maintaining a sniffing position.

Where Do I Begin – *cont...*

Your baby's chin should be snugly touching your breast and his/her nose should just barely be touching your breast. You should see that your baby's bottom lip is turned out. Newborns suck a few times and then stop. This is normal for a newborn. Look to see if your baby's ear lobe is moving, which tells you that your baby has a deep rhythmic suck.

Now listen for swallows. Swallows sound like "ka" or a gulp sound.

Swallows let you know that you are transferring milk to your baby. When your milk comes in you will hear very frequent swallows!

Encourage your baby to keep sucking by rubbing the back of your baby's hand. To keep your milk flowing gently compress your breast when your baby stops sucking. This will bring more milk to your baby and your baby will continue to suck.

How Do I Know That My Baby is Getting Enough?--

Feed your baby whenever your baby shows you signs that your baby is hungry. The signs you will see are mouthing, chewing on hands, or rooting. These signs are also called feeding cues. Crying is a late sign of hunger.

You can expect your milk to come in between days 3 and 5 after the birth of your baby. You will notice that your breasts feel full before feeding your baby but they should soften after a feeding.

Babies need to feed 8-12 times each day. Your baby will let you know he/she is done feeding by coming off your breast or falling asleep. Your baby should appear satisfied after feeding.

Keep track how much your baby pees and poops. Babies typically have a wet and dirty diaper for each day of life (1 on day one, 2 on day two, etc.) until milk comes in by day 4. After milk is in infants stool 3-4+ times per day and have 5-6+ wet diapers per day. Infants stool will transition to a yellow color when milk is in. Some infants stool with every feeding.

Babies are made to lose a little weight at birth. Have your baby weighed 1 to 2 days after you leave the hospital and again 1-2 weeks later. By 2 weeks of life your baby should be back up to birth weight.