Breastfeeding Tips

Benefits of Breastfeeding For Mothers
Protection from:
- Depression
- Heart Disease
- Diabetes
- High Blood Pressure
- Breast Cancer
- Ovarian Cancer

Benefits of Breastfeeding For Baby
Less Risk of:
- Stomach infections
- Lung or ear infections
- Leukemia
- Obesity
- Diabetes
- Sudden Infant Death Syndrome (SIDS)
- Allergies

Why is skin-to-skin contact good for me and my baby?
- It’s good for bonding with my baby
- Helps get breastfeeding off to a good start
- Keeps my baby warm
- Calms me and my baby

Why should I feed my baby whenever he/she shows signs of being hungry?
- Helps my baby to be settled and content
- Helps prevent feeding complications
- Helps me to have a good milk supply
- Helps my baby get just the right amount to eat

Why is “Rooming In” (keeping my baby in the same room with me after birth) good for me and my baby?
- Helps me to learn my baby’s feeding cues
- Helps me to feed my baby on demand
- Helps me to learn how to care for my baby
- Helps my baby learn how to recognize me

Why is it important for my baby to be positioned and attached properly when breastfeeding?
- Helps my baby to get enough breast milk
- Helps me to have enough milk for my baby
- Helps prevent nipple discomfort

What are the risks of giving anything other than breast milk when I’m breastfeeding?
- Makes my baby less content with breastfeeds
- Makes my baby more at risk of getting sick
- May lessen my milk supply

Have more question?
See a lactation consultant: 505-272-0480