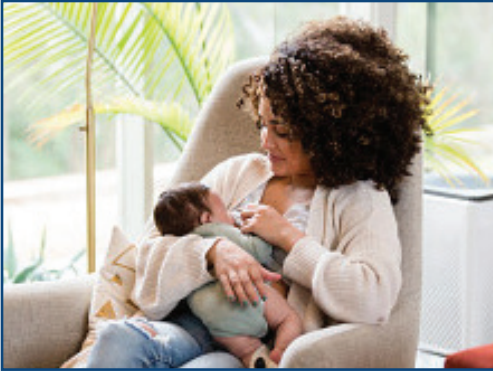


# Introduction to Breastfeeding



Mount Auburn Hospital providers strongly recommend exclusive breastfeeding for the first 6 months of life. This is also recommended by the American Academy of Pediatrics, and the World Health Organization. **We would like to share with you the benefits when you exclusively breastfeed:**

## Benefits for you:

- Lower risk of bleeding after delivery.
- Lower risk of breast cancer, ovarian cancer, hypertension and type 2 diabetes.
- Faster return to your pre-pregnancy weight.
- It is convenient and economical.

## Benefits for baby:

- Better immunity, so baby is sick less often and has fewer infections and illnesses, such as some respiratory illness, ear, and urinary infections.
- Less likely to die from sudden infant death syndrome (SIDS).
- Lower risk of diabetes, leukemia, allergies, obesity, celiac disease.
- Better GI function and development.
- Less crying and better pain tolerance.

Have your provider do a physical exam of your breasts to help you prepare for breastfeeding. Please share your questions and preferences for feeding your baby.



Beth Israel Lahey Health   
Mount Auburn Hospital

## When To Feed Your Baby

- Use baby feeding signs rather than a schedule (i.e., every 3 hours). Your baby might want to feed more – watch your baby, not the clock.
- Signs your baby is ready to feed: bobbing head when close to the chest, opening and closing the mouth/smacking lips, sucking on fingers or hands.

## When to Give Your Baby a Bottle

- You may want to give a bottle to your baby for many reasons. We will show you how to express your milk with a provided breast pump and teach you how to safely give a bottle to your baby. For additional information, visit <http://workandpump.com>
- We recommend that you wait until the baby is about 3-4 weeks old before you use a bottle. This gives you and your baby time to learn how to breastfeed together, and ensures that your body will have good milk supply to keep your baby satisfied and healthy.
- Sometimes the doctor will suggest you give a bottle earlier. In this case, a pediatrician will explain the reason why.



## Knowing if Your Baby is Getting Enough Milk

- Your baby is relaxed and stops giving feeding cues.
- Around day 4-5 and after your milk has been established, your baby will typically urinate 6-8 times a day and have around 3 pale yellow/seedy stools a day.
- As a newborn, your baby may not fully settle after each feed since cluster (frequent) feedings are normal. The baby should be generally calm or rest comfortably.
- Your baby will have periods of growth from time to time, when your baby will feed more often.
- Babies normally lose an average of 7-10% of their birth weight in the first 3-5 days of life. This weight is usually re-gained by 1-2 weeks.
- Signs baby may not be getting enough milk:
  - Baby loses greater than 12% of birth weight or fails to regain birthweight AND you are aware that you have decreased milk supply.
  - Baby is urinating/stooling less frequently than expected.



### Moms often worry...

- *Will I produce enough milk to feed my baby?*

The first milk you produce is called colostrum. Small amounts of this milk is just what your baby needs in the beginning. You will develop more milk as time goes on.

- *Which will provide my baby better nutrition, formula or breast milk?*  
Breastmilk has the perfect nutrition for your baby.