

Breastfeeding Your Baby

Breastfeeding gives your baby the best start possible toward a long and healthy life — from his or her first days all the way through old age.

The first milk you feed from your breast is called *colostrum*. This special milk, available for your baby in the first few days after birth, protects your baby from infection and allergies. Formula does not have this important protection. Breastfed babies don't need a supplement of formula. In fact, giving a supplement of formula in the first month will cut down your milk supply and can confuse your baby.

Positioning Your Baby for Breastfeeding

- 1.) Support your breast with four fingers under and your thumb on top. Keep your index finger back away from the nipple so the baby doesn't bump into it.
- 2.) Place your baby on her side facing you, tummy to tummy, and tap her lips with your nipple.
- 3.) Watch for a wide open mouth and then quickly bring baby's mouth to your nipple. It should attach about one inch behind the nipple, on the dark circle called the areola.
- 4.) Check baby's bottom lip to make sure it curls out. If it doesn't, pull down gently on baby's chin until the bottom lip curls out.

Remember that breastfeeding should not hurt while baby is nursing. If you have nipple pain during a feeding, try pulling down baby's chin or take her off and reattach her farther behind the nipple, on the areola.

Setting a Schedule

You will want to feed your baby 8 to 12 times in each 24-hour day. If you wake your baby about every 2 or 3 hours during the day, he will adjust his days and nights sooner.

At each feeding let the baby nurse 10-20 minutes on each side, as long as you have no nipple pain. If you take him off too soon, he won't get a whole feeding and will wake up hungry and off-schedule, which can be tough on both of you.

Making Sure Baby is Getting Enough to Eat

- ☺ Your baby will breastfeed 8 to 12 times each day.
- ☺ Your baby will have at least 6 wet and 2 dirty diapers in 24 hours (FYI: stools of breastfed babies are a mustard-like color and are loose!)
- ☺ Your baby will gain 4 to 7 ounces each week.
- ☺ Your baby will be content for 1 to 2 hours between most feedings.
- ☺ You will hear your baby swallow as he breastfeeds.

For More Information: Talk to Your Family Nurse Practitioner

<http://www.askdrsears.com>

<http://www.breastfeeding.org>

http://www.fda.gov/fdac/features/2003/303_baby.html

<http://www.lalecheleague.org>

Preparing for a Healthy Baby (2004)

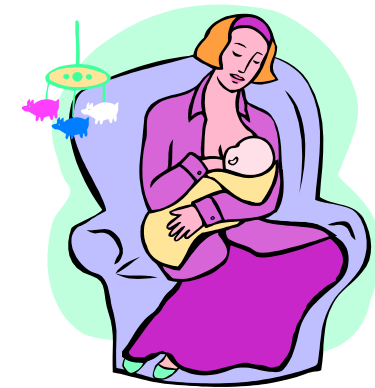
Trimester, Inc.

4490 Dromedary

Phoenix, AZ 85018

Healthy People 2010 Objective 16- 19a:
Increase in mothers who breastfeed in early
postpartum period to 75%!

Why Should I
Breastfeed my Baby?



So easy...nothing to clean, fix, or buy!

“The ideal method of feeding & nurturing infants”

The American Academy of Pediatrics

BENEFITS OF BREASTFEEDING YOUR BABY

Raise Your Baby's IQ!

Help **Prevent** Ear Infections!

Help **Prevent** Diarrhea!

Help **Prevent** Cavities!

Help **Prevent** Asthma!

Help **Prevent** Diabetes!

Help **Prevent** Cancer!

Breastfeeding prevents or lessens the severity of the following conditions:

Allergies 6 months or more of breastfeeding drastically reduces the risk of food allergies. "breastfed babies have less than 1/3 of the allergies, specifically atopic disease, in the first 18 months of life" (Lucas, 1990).

Asthma, Respiratory Infections, & Ear Infections breastfeeding protects

the baby against respiratory infections, including those caused by rotaviruses and respiratory syncytial viruses (Grover 1997). "[breastfed] babies were less than half as likely to be hospitalized with pneumonia or bronchiolitis" (Piscane 1994).

Gastrointestinal Disease the "incidence of acute appendicitis and pyloric stenosis are significantly lower in babies who are breastfed" (Piscante 1995).

Communicable Childhood Diseases Studies have demonstrated an increased antibody response to oral & parenteral vaccines in the breastfed infant.

Benefits to Mom

Breastfeeding can protect the mother against:

♀ **Breast cancer** "breastfeeding reduces the incidence of breast cancer in women" (Lee 1997).

♀ **Endometrial and Ovarian Cancers** according to the WHO Collaborative Study, "the relative risk of endometrial cancer decreased significantly with increased duration of breastfeeding" and "lactation has a preventative effect on ovarian cancer" (Gwin 1990).

♀ **Infertility** women who breastfeed are 25% less likely to have hyperprolactinemia & galactorrhea and are less likely to have menstrual disturbances.

♀ **High Blood Pressure** Oxytocin (a hormone released each time a mother breastfeeds) decreases blood pressure & the 'stress' hormone level and calms mom.

♀ **Brittle Bones** "lactating protects women against osteoporosis by increasing bone density after weaning" (Cummings 1985).

♀ **Rheumatoid Arthritis** a 28 year study in Sweden reported that "lactation was associated with reduced mortality" and "[lactation] provided protective effects against arthritis" (Brun, 1995).

♀ **Weight Gain** breastfeeding requires an average of 500 calories per day. "During the first year postpartum, breastfeeding women lose an average of 2 kg (4.5#) more than non-breastfeeding women, with no return of weight once weaning occurs" (Dewey 1993).

♀ **Being out of Shape** "nursing will help you to regain your figure more quickly, since the process of lactation causes the uterus (which has increased about 20 times its normal size) to shrink more quickly to its pre-pregnancy size" (Eiger, 1999).

* **Being overweight impacts a woman's health by increasing her chances of heart disease and diabetes.**

Breastfeeding satisfies baby's emotional needs and increases bonding between mother and baby

Comparing the Cost of Breast feeding Versus Formula Feeding

Breast Pumps	Cost
Even Flo® Manual (single)	\$15.46
Gerber® Manual (single)	\$30.00
First Years® Natural (Dual)	\$49.96
Even Flo® Comfort (Electric)	\$37.67
Playtex® Embrace System (electric/dual)	\$249.97

* Prices from Albertson's & Safeway's (no tax) Anaconda, MT and Wal-Mart Butte, MT. They are subject to change based on geographical location.

(Powder Formula)

Formula Brands	Cost Can	Cost Month	Cost Year
Alimentum®	\$26.49	\$511	\$7952
Bright Beginnings®	\$19.89	\$195	\$3033
Carnation®	\$13.99	\$136	\$2113
Enfamil with Iron®	\$42	\$343	\$5342
Enfamil Lipil®	\$24.79	\$299	\$4662
Enfamil Prosobee®	\$13.19	\$317	\$4942
Isomil®	\$12.09	\$268	\$4174
Isomil Soy®	\$27.49	\$332	\$5168
Lactofree®	\$7.99	\$176	\$2739
Nestle Good Start®	\$14.29	\$185	\$2878
Similac®	\$30.49	\$295	\$4605
Similac NeoSure®	\$15.89	\$385	\$6000

The above prices are based on an average daily consumption of 30 ounces (Six 5 oz feeding/24 hrs) per day and 14,500 ounces/year.