

BEST FED SECOND TRIMESTER

Making an informed decision



I MAY WANT TO BREASTFEED. WHAT SHOULD I EXPECT?

Although breastfeeding is natural, it doesn't always feel natural at first. Be patient with yourself and your baby and ask for help in the early days.

The staff at Erlanger is prepared to help you make your first breastfeeding experience a good one.

What to expect at first
The noticeable changes in your breasts during pregnancy are a sign that your body is preparing to feed your baby. Your breasts start making your baby's first milk (colostrum) while you are pregnant, so you will already have just the right amount of milk to feed your newborn baby when your baby is born.

For the first few days of your baby's life, your breasts will not feel much different than they did during pregnancy, but you are still able to feed your baby all he needs. After two or three days, your milk volume increases noticeably, which meets your baby's growing needs.

Your baby has a small stomach capacity, so plan on feeding at least 8-12 times every 24 hours, or about every 2-3 hours, for the baby's first few weeks of life.

Your nipples may feel tender as you get started with breastfeeding, but feeding your baby should not

be painful. If it is, you should ask to have a feeding observed by a trained staff member or one of our International Board Certified Lactation Consultants.

Breastfeeding in the Hospital

During your hospital stay, you will be encouraged to exclusively breastfeed your baby. We strongly recommend that you continue to exclusively breastfeed for the first six months of your baby's life, with continued breastfeeding along with complementary foods for the first year and beyond. This maximizes the health benefits available to both you and your baby for years to come.

During your hospital stay, exclusive breastfeeding will:

- protect your baby's immature immune system from infection
- keep your baby's blood sugar levels stable
- help you make more milk
- help you bleed less after delivery
- teach your baby to breastfeed easily

If your baby doesn't show interest in breastfeeding immediately after delivery, don't worry. By holding your baby skin-to-skin on your chest (and covered by blankets to keep you both warm) your baby will soon start to show an interest in feeding.

You will be encouraged to keep your baby close by at all times and feed your baby when you observe her hunger cues.

In fact, we encourage that you continue to hold your baby skin-to-skin as much as possible during your hospital stay.

Effective Positioning & Latching Techniques

You will receive plenty of breastfeeding support in the hospital during your first feedings. It is important that you position and latch your baby correctly when feeding in order for your baby to get plenty of milk and to prevent your nipples from getting sore.

You will be shown how to:

- support your breast in a comfortable hold
- hold your baby close (tummy-to-tummy)
- pull your baby in towards your breast once his mouth is open wide (like a yawn) and his tongue is down.
- Look for the nipple and areola to be in the baby's mouth and your baby's lips will open wide and against the breast.



Erlanger Lactation Support 778-6247
Erlanger East Lactation Support 778-8459
WIC Breastfeeding Support 209-8321