

The Family Birth Place



Dear _____:

Congratulations, you are soon to be a new mother! This is an exciting time and a time to make decisions. One of the most important decisions you need to make is how to feed your baby. We know you want to provide the best for your baby. *and that's why we recommend breastfeeding.* By breastfeeding you'll give your baby the perfect start to a healthy and happy life. Your milk is the most complete food for your baby - and that's a special gift only you can give. And besides, breastfeeding has many other benefits....

Mothers who breastfeed cherish the special closeness they have with their babies.

Breastfeeding your baby helps you relax and can give you a unique feeling of love. Your baby will feel safe and loved, too.

Breastfeeding helps keep your baby healthy.

Breastfeeding helps your baby resist pneumonia, colds, ear infections and allergies. Your milk is easy to digest, so your baby won't spit up as often and is less likely to get diarrhea or colic. Your breast milk helps your baby's brain develop and may improve your baby's IQ.

Breastfeeding can be easy.

You may feel unsure about breastfeeding because you think it will be too hard, too much trouble or embarrassing.

The truth is, breastfeeding is simple to learn and easier than you may think, and with a few simple tips, you can breastfeed your baby without feeling embarrassed.

You can keep breastfeeding after you return to work or school.

Breastfeeding doesn't have to "tie you down." Many mothers go back to work or school and still breastfeed their babies. With a little practice, you can learn to hand express or pump your milk. Plan ahead by talking to your employer about where to pump and store your milk. Breastfeeding helps keep your baby well, so you won't have to miss work as often. Many mothers say that breastfeeding helps them feel close to their baby even when they are away.

Breastfeeding is good for you too!

Breastfeeding may keep you from having heavy bleeding after childbirth. Some women may lose weight faster when they breastfeed. Breastfeeding may also protect you from certain breast and ovarian cancers. Breastfeeding saves money because you don't have to buy costly formula.

With all of the benefits breastfeeding offers, it's easy to see why deciding to breastfeed should make you and your family feel very proud.

You might have questions about breastfeeding. You won't be alone. We're here to help you learn. Remember, breastfeeding is the best choice for your baby, for you and for your family.

Sincerely,

Lactation Consultants

WHY BREASTFEED?

AAPRECOMMENDATION

The American Academy of Pediatrics recommends that all babies be exclusively breastfed for the first 6 months with the addition of iron-rich foods thereafter and continuation of breastfeeding through the first year and/or as long as mutually desired.

WHY GO TO BREASTFEEDING CLASS?

You will learn the importance of effective Latch and how to get it.

You will learn HOW TO PREVENT AND TREAT SORE NIPPLES.

You will find out how many times babies need to feed every day and how long feedings should last. You will learn feeding cues and the importance of demand feeding and rooming-in.

You will learn how to tell if your baby is getting enough milk.

You will learn about breast pumps that work and those that don't.

You will learn about the importance of support and the role of LaLeche League International. You might also meet a LaLeche League mother.

You will meet a Lactation Consultant from the hospital and will have names and phone numbers to call for help.

THERE IS NO CHARGE FOR CLASS IF YOU ATTEND CHILDBIRTH CLASS AT ST. ELIZABETH, OTHERWISE, BREASTFEEDING CLASS COSTS \$15. IF YOU ATTEND CLINIC AND CAN'T AFFORD TO PAY, JUST TELL THE REGISTRAR AND YOU ARE WELCOME TO ATTEND FOR FREE.

CLASS TIMES VARY. CALL 301-BABY FOR A CURRENT SCHEDULE.

A NOTE TO THE FATHER

A note to share with the new father-diapering, bathing, and cuddling your baby are great ways of feeling involved. His touch is very important to your baby and they will learn so much about you through your touch!

Other mothers who breastfeed successfully will help you to breastfeed. Call **301-BABY** for class; **357-MILK** for LaLeche League; **301-2631** for St. Elizabeth Lactation Consultants.

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