

Breastfeeding

resources loan or rent breast pumps. Some insurance companies now provide benefits to help with the cost of purchasing a pump. Ask your provider for the resources in your area or visit the websites listed below.

The WIC (Women, Infants & Children) Program has Board Certified Lactation Consultants on staff and has breast pumps available to clients. Contact the Littleton WIC office at 603.259.3288 for further information.

**WANT MORE INFORMATION?
CHECK OUT THE WEB SITES LISTED BELOW...**

- www.nhbreastfeedingtaskforce.org/families.php
- patients.dartmouth-hitchcock.org/womens_resource_ctr/resources.html
- www.dhhs.nh.gov/dphs/nhp/wic/breastfeeding.htm

This report was compiled by Ammonoosuc Community Health Services, Inc. (ACHS) clinical staff for informational purposes, and does not replace any advice one might receive from a qualified health care provider.

Founded in 1975, Ammonoosuc Community Health Services is a nonprofit community health center offering a network of quality, affordable primary health services. Our programs promote and support the well-being of individuals and families by emphasizing preventive care and encouraging active participation in one's own health. ACHS serves 26 towns in northern Grafton and southern Coos counties and has sites located in Littleton, Franconia, Whitefield, Warren and Woodsville. We provide comprehensive services, regardless of one's ability to pay, to nearly 10,000 patients.



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New Patient hotline at 1.866.201.5076

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*Providing more than
good nutrition for your baby!*



**Ammonoosuc
Community Health Services, Inc.**

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Breastfeeding

Breastfeeding gives you a chance to hold your newborn close, cuddle him/her, and make eye contact. These are relaxing and enjoyable moments for both of you and can bring you together emotionally creating a life-long bond.

Every mother makes a decision about whether or not to breastfeed her baby. It's important for moms to learn about the benefits of breastfeeding, what to expect and how to get support before making this very important decision.

Babies who are breast fed are healthier:

- have fewer respiratory (coughing and wheezing) infections
- have fewer ear infections
- have fewer gastrointestinal infections (vomiting and diarrhea)
- and are less likely to become obese, develop asthma, heart disease or type 1 diabetes

Moms who breastfeed for at least 6 months:

- lose more weight
- have a decreased risk of breast and ovarian cancer
- save money on formula (currently about \$1000 per year)

Breastfeeding is easy and convenient:

- it goes with you everywhere
- no buying, mixing or heating formula
- and its good for the environment, no formula containers go into the landfill!

IS MY BABY GETTING ENOUGH TO EAT ?

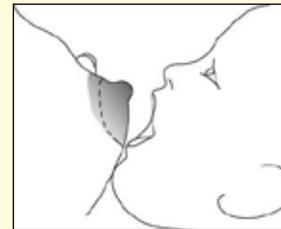
Some moms worry that the baby is not getting enough to eat during those first few days after birth because the baby is losing weight and/or their milk hasn't "come in".

The good news is babies are supposed to lose weight during those first few days and nursing babies are getting plenty of nourishment from the colostrum (a small amount of nutrient rich milk) that is produced before the milk "comes in" (usually on day 3-4).

Another challenge is keeping the baby awake through a whole feeding! Your provider will see and weigh the baby frequently in the first few weeks to make sure the baby is growing as expected and doing well.

MY BABY IS HAVING DIFFICULTY FEEDING

Some babies have difficulty latching on to the nipple at first. It can take a little time for your baby to latch well. A common problem babies have is opening their mouths wide enough in the beginning and may need some help when they try to latch on.



Ask for help from your provider to be sure the

baby is latching onto the nipple. Be sure to nurse 10-12 times a day to trigger milk to "come in".

WILL I BE ABLE TO PRODUCE ENOUGH MILK?

Some moms worry about their milk supply as the baby grows. They fear they won't be able to keep up with their hungry baby, especially during growth spurts. Breastfeeding and milk production work through supply and demand. As the baby grows and "demands" more milk (by wanting to feed more frequently or fussing at the breast) the extra nursing sends a signal to the mom's body to increase production.

This can be stressful to the mom but usually after a couple of days, milk production increases and mom and baby are back in sync.

CAN I RETURN TO WORK & CONTINUE TO PROVIDE BREAST MILK FOR MY BABY?

As long as you continue to either breast feed or pump every 3-4 hours you can generally maintain your milk supply and your baby can keep getting the benefits of breast milk. Breast pumps can be purchased, or some local

