

Learn About Breastfeeding

Take prenatal & breastfeeding classes at your local hospital and WIC clinic. Ask for information and resources on breastfeeding from the WIC staff. The more you know about breastfeeding the easier it will be because you will know what to expect.

Create a Support System

- Let your doctor and hospital staff know that you plan to breastfeed.
- Help your family be supportive by sharing the information you have on breastfeeding. The more they learn about breastfeeding, the more comfortable they will be in helping you when the baby is here.
- Talk to family & friends about your plan to breastfeed and let them know how important it is to you and your baby to have their support.
- **Ask to meet with a WIC peer counselor** while you are pregnant. Peer counselors are WIC moms who breastfed their babies and who have been trained to help moms breastfeed. They can answer questions, and offer comfort and encouragement to new moms.

a new mother's guide to breastfeeding in the hospital

If you have questions...

call your WIC peer counselor,
breastfeeding coordinator, lactation
consultant or doctor.

Name:

Phone:

Additional information, resources, and
support for breastfeeding:

- WIC Appointment Line: 1-855-4-SC WIC (1-855-472-3432)
- <http://www.scdhec.gov/Breastfeeding/>
- La Leche League International (<http://staging.llli.org/>). Also on Facebook.
- South Carolina Breastfeeding Coalition - on Facebook.
- Text4baby app - Health and safety information for you and your baby. See your app store or <https://www.text4baby.org/>



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naturalNutrition

breastfeeding success in the hospital

What to expect and how to make your hospital experience memorable

Plan for the Hospital

Though you can't guarantee your birth experience to be exactly the way you want it, planning ahead and letting your caregivers, family and friends know your wants & needs can make the event more enjoyable and breastfeeding successful.

Display your WIC Hospital Breastfeeding Plan Table Tent near your bed.

It will remind hospital staff of guidelines to help you successfully breastfeed in the hospital. Your WIC staff can provide one for you if don't already have one.

Limit Visitors

Too many visitors may overwhelm you and your baby during this special time of getting to know each other.

Tips to limit visitors:

- *To limit visitors, ask them to call instead of visit or wait to visit once you and the baby are home.*
- *Tell them they may not be able to stay long if you need to breastfeed the baby soon after they arrive.*

Rooming In

Keep your baby in the same room with you at all times. This will help you learn your baby's hunger cues. Feeding your baby at the first signs of hunger will calm him and let him know he is safe in this big new world. Don't wait until you baby is crying to feed him.

Early Hunger Cues:

- *Licks or smacks lips*
- *Opens & closes mouth*
- *Rooting*
- *Sucking on fingers or hand*



Get an Early Breastfeeding Start

Tell your caregivers you want to breastfeed your baby within the first hour after he is born, even if you have a C-section delivery. ***If your baby has a hard time sucking or latching on to your breast, ask for help right away!*** The sooner you start breastfeeding the more successful you will be.

Avoid Bottles & Pacifiers

Bottles and pacifiers can keep you from having a good milk supply. Babies suck differently on a bottle or pacifier than at your breast. All of your baby's suckling in the first few weeks should be at your breast.

Just **one** bottle of formula in the first month:

- *Can reduce your breast milk supply*
- *Can start you on the path of weaning from the breast*
- *Lessens the protective effect of your breast milk on your baby*
- *Can increase your baby's risk of having allergies and being sick.*



Practice Skin to Skin Care

Skin to skin care is when you hold your baby dressed only in a diaper and cap against your bare skin. You can use a blanket to cover your baby's back. Skin to skin care should begin immediately after your baby is born and be done as often as possible. ***Skin to skin care is the best thing you can do for breastfeeding success.*** Some babies go into a very deep sleep about 2 hours after delivery and can be hard to wake for the first 24 hours. Skin to skin care will often wake a baby and encourage him to breastfeed.

Breastfeeding Support

If you have questions or concerns, contact a hospital lactation consultant or WIC breastfeeding staff. They can check and see how the baby is positioned and how well he is nursing. The right position and a good latch are important for breastfeeding success.

If your baby is unable to breastfeed for any reason, it is important to begin pumping within 6 hours of delivery with a **good** electric breast pump. The lactation consultant can help you get the right kind of pump and show you how to use it.

Breastfeeding Plan

Show your WIC Hospital Breastfeeding Plan Table Tent to hospital staff. This is a great reminder that you want to exclusively breastfeed.

