

Once you have decided that you want to try breastfeeding your baby, remember to

- tell your medical provider that you want to breastfeed immediately after delivery,
- ask your hospital staff to not give your baby pacifiers or formula during the hospital stay, and
- tell your family members that you are breastfeeding and that the baby has to learn to suckle the breast before getting confused with plastic nipples.



Where to go for support and information?

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Other breast feeding support providers in the counties of Ballard, Caldwell, Calloway, Carlisle, Crittenden, Fulton, Graves, Hickman, Livingston, Lyon, McCracken, Marshall, and Trigg:

- Murray-Calloway County Hospital
(270) 762-1100
- Lourdes Hospital
(270) 444-2444
- Western Baptist Hospital
(270) 575-2100
- Jackson Purchase Medical Center
(270) 251-4100
- Calloway County Health Department
(270) 753-3381
- Graves County Health Department
(270) 247-3553
- Marshall County Health Department
(270) 527-1496
- Pennyryle District Health Department
(270) 388-9747
- Purchase District Health Department
(270) 444-9625

KANGAROO CARE: What is it?



Kangaroo Care is a natural method to help a new mom to bond with her newborn baby within the first hour of birth or the “golden hour”. The Kangaroo Care method uses the simple technique of holding the baby skin-to-skin or belly-to-belly after the delivery. This method has been proven to have numerous benefits to both mom and baby. Holding the baby skin-to-skin helps the baby (1) to be more calm or comforted, (2) latch or feed better, (3) have a better transition after birth, (4) cry less and sleep better, and (5) bond more quickly with mom. For a new mom that uses Kangaroo Care, she will experience less post-partum depression, less pain/discomfort after birth and better results with breastfeeding. So, ask your hospital and OB/GYN about using Kangaroo Care with your new baby and tell other pregnant women about this great option. Give your baby its first hug and its best welcome to the world!

Printed with funding from the WIC-Breastfeeding grant program.



Shape the Future

Breastfeed © 200 KY WI



Breastfeeding is the most natural way to give your baby the best start in life.

Breast milk is the best food for the baby and it provides everything a baby needs to grow and develop. Breast milk is easy to digest and changes to meet the needs of your baby. Breastfeeding is perfect for healthy, premature or sick newborns and provides better brain development. Breast milk can protect your baby from ear infections and stomach problems such as diarrhea and vomiting.

Breastfeeding helps the mother feel close and bonded with the baby. Breastfeeding gives the mother something that only she can do for her baby. Breastfeeding gives babies skin-to-skin contact and is comforting to the baby.

Breastfeeding not only saves time and money, but also burns calories. Breast milk is always ready, warm and clean.



Breastfeeding your baby is a big decision and there are many commonly asked questions.

Why should I start breastfeeding when I know I probably won't continue? Even breastfeeding your baby for just a few days is good for both of you. Colostrum, your first milk, is a rich fluid full of antibodies and protein that help protect your baby.

Will I have enough milk for my baby? Yes. The more you breastfeed, the more milk you will make. The body will adjust to meet your baby's needs. The size of your breasts does not matter.

How can I tell if my baby is getting enough breast milk? Your baby is getting enough milk if (1) the baby breastfeeds every 2 to 3 hours or about 8 to 12 times in 24 hours, (2) baby has 6 to 8 wet diapers in 24 hours after your milk "comes in", and (3) your baby is gaining weight.

How long should each feeding be? Each nursing session typically lasts between 15 to 30 minutes.



How do I hold my baby when breastfeeding? Keep your baby tucked close to you and the breast. Turn the baby on the side so you are tummy-to-tummy. Keep the baby's ear, shoulder, and hip in a straight line and bring the baby up to the breast using a pillow on your lap. Wrap the baby's arms around your ribs and breast. You can breastfeed sitting or lying down.

How do I latch-on my baby? Once you have your baby positioned, get most of the areola (darker area of the nipple) in baby's mouth. Tickle baby's lower lip with the nipple until the baby's mouth opens wide and quickly draw baby in close so that most of the areola is covered and the baby's nose and chin are touching the breast. You should feel a tug on the breast as the baby sucks, but it shouldn't hurt.



What about nursing in public? Kentucky has passed laws protecting women who wish to breastfeed in public. There are ways to breastfeed without anyone noticing, such as a blanket thrown over your shoulder.

How can my baby's father share in the feedings? Fathers need to know that they are very important in the care of the new baby. He can bring the baby to you for nursing along with cuddling, bathing, rocking, burping, and diapering the baby.

Is breastfeeding painful? Some nipple tenderness is common in the first couple of weeks. However, holding the baby close and getting the most of the areola in baby's mouth is the best way to prevent sore nipples. Also, when your milk first comes in, your body makes more milk than baby needs. So, the breasts may become very firm and swollen. However, using warm washcloths or a shower with a gentle massage of the breasts will soften the firmness. In addition, you can express out some milk to reduce the swelling. Your body will quickly figure out the right amount of milk, which will make you more comfortable.

