

TIPS FOR EVERY BREASTFEEDING POSITION

- Support your body. Choose a comfortable chair or armrest, and use pillows—lots of them—to lend extra support your back and arms.
- Support your breasts. Your breasts get bigger and heavier during lactation. As you nurse, use your free hand to support your breast with a C-hold (four fingers underneath the breast at 9 o'clock with your thumb on top at 3 o'clock)
- Support your baby. Feeling comfortable and secure will help your baby nurse happily and efficiently. Use your arm and hand, plus pillows or a folded receiving blanket, to support your baby's head, neck, back and hips and keep them in a straight line.
- Vary your routine. Experiment to find a nursing position that you find most comfortable. Many women find that the best way to avoid getting clogged milk duct is to regularly alternate breastfeeding holds.
- Relax, then nurse. Take a few deep breaths, close your eyes, and think peaceful, calming thoughts. Keep a tall, cool glass of water, milk or juice on hand to drink while breastfeeding—staying hydrated will help you produce milk.
- Time to stop. Ideally, your baby will decide she's had enough when she's drained one or both breasts. If you need to change your baby's position, switch her to the other breast, or end her feeding for any reason, gently insert your finger into the corner of her mouth. A quiet "pop" means you've broken suction (which can be remarkably strong!), and you can pull her away.

BABY FRIENDLY HOSPITAL
KHHM SUPPORT GROUP LISTING

EXPRESSIONS

- Place warm compress
- Massage gently
- Then gently pressure just above the areola (black area around the nipple) with thumb to the top of the areola and index and third finger below.



STORAGE

- Store milk in portions enough for feeding
- Label container with date
- Store in bags (ideal bags) or clean container with cover
- Store in freezer up to 6 mths
- Refrigerator with 2 doors – freeze up to 3mths
- Refrigerator with 1 door – freeze up to 1mth
- Room temperature
cool room = 1 hr
air conditioner = 8hrs

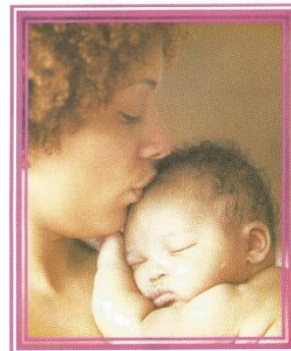


Benefits of Breastfeeding



KHHM

Providing equitable and quality
health care.



*You made me hope
and trust
when I was on my
mother's breast.
~ Psalm 22:9*

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857-3474
832-3173

Murphy Black
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Bellevue Hospital
2324 Broadway, 6th Floor
Bellevue Room 6
631-6678

Murphy Black
Bellevue City
662-0365

Breastfeeding Facts

Health benefits for babies who breast feed...

- The Colostrums (first milk) coats the GI tract, preventing harmful bacteria from crossing into the babies' blood.
- There are factors in milk that destroys e. coli, streptococcus, salmonella, etc.
- Antibodies response to vaccines are higher
- Nursing promotes facial structure development, speech enhancement, straighter teeth and enhanced vision.
- Babies enjoy a warm bonding and emotional relationship with their mothers
- Increases bone density
- Are hospitalized 10 times less than bottle fed babies
- Less risk of childhood obesity
- Reduce risk of heart disease later in life
- Breastfeeding babies have a higher IQ than bottle fed babies and have improved brain and nervous system development.
- CHILD RECEIVES THE MOST OPTIMAL MIX OF NUTRIENT AND ANTIBODIES.



Health benefits to mom who breastfeed...

- reduce risk if breast, cervical, endometrial and ovarian cancer
- Protects against osteoporosis and hip fracture later in life
- Helps mother to return to pre-pregnancy state faster
- Helps delay fertility and space to subsequent pregnancy.
- Develop special emotional bonding with child.
- Breast fed babies are less sick so it help lessen your time in hospitals.
- Help uterus to contract after birth to prevent postpartum hemorrhage.
- Makes you feel good-produces hormones with endorphin effect that makes you relax.
- Moms that breastfeed get more rest than mothers who bottle feed.
- THE SATISFACTION OF KNOWING THAT YOU ARE GIVING YOUR BABY THE BEST START IN LIFE.



Positions and tips for Making Breastfeeding Work

The Cradle hold

If she's nursing on the right breast, rest her head in the crook of your right arm. Extend your forearm and hand down her back to support her neck, spine and bottom. Secure her knees against your body, across or just below your left breast.

The cross over hold

If you're nursing from your right breast, use your left hand and arm to hold your baby. Rotate her body so her chest and tummy are directly facing you. With your thumb and fingers behind her head and below her ears, guide her mouth to your breast.

The clutch or football hold

Rest your arm on a pillow in your lap or beside you, and support your baby's shoulder, neck and head with your hand. Using a C-hold (see below), guide her to your nipple, chin first.

Recycling or side line position

Nurse lying down if you're recovering from a cesarean or difficulty delivery, sitting up is uncomfortable, or you're nursing in bed at night or during the day.

How do I Hold Thee?

