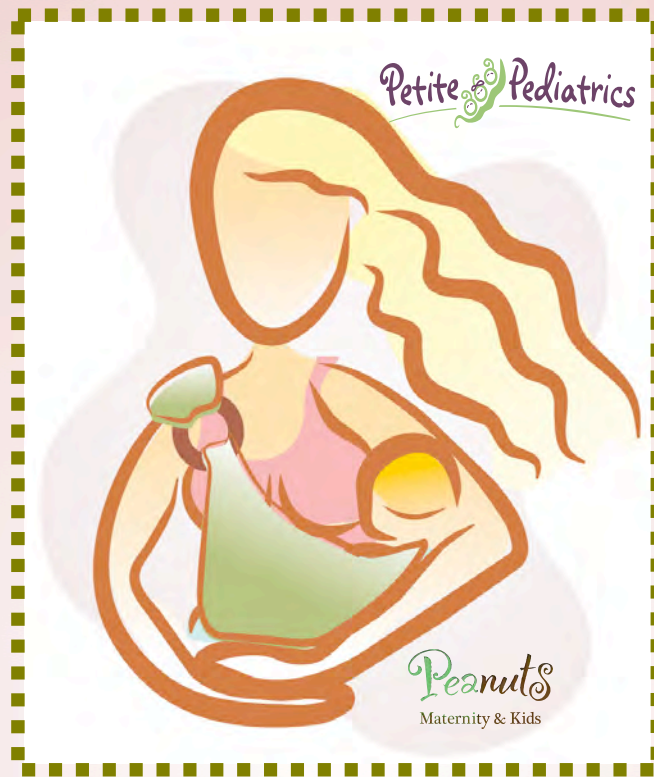


BREASTFEEDING BASICS

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BENEFITS FROM A TO Z

- A. Avoid allergies; always available; antibodies from mother to baby; nutrients easily assimilated
- B. Bonding between mother and child; reduces risk of breast cancer in mom; boosts brain development
- C. Comforting; colostrum ~ perfect first food; convenient; changes as baby grows; constipation decreased
- D. Digests more easily; dental problems decreased ~ promotes proper jaw teeth and speech development
- E. Easy; enjoyable; enhances relationship with your baby
- F. Fulfilling; always fresh; free hand for reading, etc
- G. Giving of yourself; "Green" i.e. less garbage and other environmental wastes
- H. Healthier babies; human milk is optimal
- I. Inexpensive; immunity factors
- J. Joyful experience; ready in a jiffy
- K. Spend less time in the kitchen (mixing, washing, sterilizing, warming...)
- L. Loving; less spitting-up and stomach upsets
- M. Delays the return of postpartum menstruation; something only MOM can do for her baby
- N. Natural; nutritionally balanced; night feedings are easier
- O. Overfeeding risk reduced; obesity risk is reduced in later life; diaper odor is less
- P. Prolactin helps you feel motherly; Pure milk supply; protective immunity for baby
- Q. Quiet time together; best quality nutrition; quantity is abundant
- R. Relaxing; rashes are decreased for baby
- S. Satisfies all the senses; superior infant food; saves time, effort, money and resources
- T. Always the right temperature; travel is easier; taste of breast milk varies from skim to creamy during each feeding
- U. Uniquely suited to each baby; contracts uterus helping to expel the placenta and control blood loss; universality of breastfeeding is a link with mothers all over the world
- V. Valuable in special situations (prematurity)
- W. Can help with mother's weight loss by using extra calories; encourages normal weight gain for baby
- X. X-tra cuddling builds strong ties of love
- Y. It's yummy, of course!
- Z. These are only a few of the zillions of advantages to breastfeeding your baby!

Best for Baby:

- Fewer and shorter episodes of illness.
- Most natural and nutritious way to encourage your baby's development.
- Colostrum (the first milk) is a gentle, natural laxative that helps clear baby's intestine, decreasing the chance for jaundice to occur.
- Breast milk benefits your baby's IQ.
- The skin-to-skin contact encouraged by breastfeeding offers babies greater emotional security and enhances bonding.
- The activity of sucking at the breast enhances development of baby's oral muscles, facial bones, and aids in optimal dental development.
- Breastfeeding appears to reduce the risk of obesity and hypertension.
- Breastfeeding delays the onset of hereditary allergic disease, and lowers the risk of developing allergic disease.
- Breastfeeding helps the baby's immune system mature, protecting the baby in the meantime from viral, bacteria, and parasitic infections.
- Breastfeeding increases the effectiveness of immunizations, increasing the protection against polio, tetanus, and diphtheria vaccines.
- Breastfeeding protects against developing chronic diseases such as: celiac disease, inflammatory bowel disease, asthma, and childhood cancers.

The benefits of breastfeeding appear to last even after the baby has been weaned.

Lack of Breastfeeding Increases Baby's Risk For:

Ear infections, Childhood diabetes, Obesity, Gastrointestinal and diarrheal infections, Childhood cancers, SIDS, Respiratory infections, Allergies, NEC (necrotizing enterocolitis)

SUGGESTED DAILY "MILK" INTAKE

- 0-3 Months of age:
Breastfeed every 1-3 hours or Formula 18-40 oz
- 4-5 Months of age:
Breastfeed every 2-4 hours or Formula 24-45 oz
- 6-8 Months of age:
Breastfeed every 3-4 hours or Formula 24-37 oz
- 9-12 Months of age:
Breastfeed every 4-5 hours or Formula 24-31 oz

Cows Milk should not be introduced until 12 months of age.

Best for Mother:

- Research shows that breastfeeding benefits the health of mothers.
- Breastmilk is always fresh, perfectly clean, just the right temperature, and is the healthy choice at the least cost!
- Increased levels of oxytocin stimulate postpartum uterine contractions, minimizing blood loss and encouraging rapid uterine toning.
- From 3 months to 12 months postpartum, breastfeeding increases the rate of weight loss in most nursing mothers.
- Breastfeeding offers some protection against the early return of fertility.
- Because breastfed babies are healthier, their mothers miss less work and spend less time and money on pediatric care.
- Breastfeeding women report psychological benefits such as increased self-confidence and a stronger sense of connection with their babies.

Lack of Breastfeeding Increases Mother's Risk For:

Urinary tract infection, Pre-and post-menopausal breast cancer, Ovarian cancer, Osteoporosis

STORING YOUR MILK

- Room Temperature (77°F) – 4 hours
- Cooler with blue ice (59°F) – 24 hours
- Refrigerator (35°F) – 3-5 days
- Freezer (0°F) – several weeks to months
Milk should be kept in the back of frost-free freezer on a shelf
- Label each container with the date it was pumped, use the oldest first
- You can use glass or plastic bottles to store milk. Do not fill bags or bottles to the top as milk expands when frozen
- Storage amounts
 - 2-3 oz for a baby up to 2 weeks
 - 3-5 oz for a baby up to 2 months
 - 4-6 oz for a baby 2-4 months old
 - 5-8 oz for a baby 4-6 months old

USING PUMPED MILK

- Do not thaw milk in microwave
- Place in fridge overnight or run under warm water to thaw
- Use thawed milk within 24 hours
- Do not freeze thawed milk

