



THINGS THAT  
YOU WILL NEED  
WHEN GETTING  
READY FOR  
*breastfeeding:*



**1. A GOOD BREAST PUMP:**

This is for mothers who will need to increase milk supply or store breast milk for later.

**2. A COMFORTABLE NURSING BRA**

for convenience and support. (Buy your bras after 36 weeks of pregnancy, so that you don't get one that's going to be too small!)

**3. GET A PROPER BREASTFEEDING  
PILLOW** for support and comfort.

**4. GET BREAST SHELLS** if you have inverted or flat nipples, which can be used from five months pregnancy to draw out your nipple in preparation for breastfeeding. (Contact CLC for assessment)

**5. SET UP A NURSING STATION IN A  
QUIET ROOM** with a comfortable chair and plenty of pillows for support.

## *Our Goal...*

IS TO SUPPORT ALL YOUR  
DECISIONS ON HOW  
YOU WANT TO FEED  
YOUR BABY.

## *We Are Here For You...*

BEFORE, DURING AND  
AFTER YOUR DELIVERY.

For additional questions call one of our  
Certified Lactation Counselors:



Nicole Bahl, RN, CLC  
**608.732.4530**



Annette Koeller, RN, CLC  
**608.732.4957**



Nichole Seippel, BSN, RN, CLC  
**608.732.5324**

## *Thank You*

FOR CHOOSING GRANT  
REGIONAL HEALTH CENTER.



*Breastfeeding*  
What to know  
before delivery.



**GRANT REGIONAL  
HEALTH CENTER**  
LANCASTER, WI

# What you can expect

FROM GRHC STAFF TO  
PROMOTE BREASTFEEDING



## PROMOTE

*Uninterrupted skin-to-skin*

for the 1st hour after birth up to 2 hours for all healthy term babies. After cesarean (c-section), promote skin-to-skin with family and/or mother as soon as possible.

- Allows baby to explore breast and nipple = correct latch
- Baby stays warmer and cries less
- Increases milk supply from increasing hormones
- Increases your rate of exclusive breastfeeding
- Decreases rates of excessive bleeding after delivery.



## DELAY BATHING

*at least 24 hours after birth*

- Increases your chance for exclusive breastfeeding
- Maintains baby's body temperature and blood sugar
- Keeping vernix (white substance on baby's skin) on longer assists with their immunity/provides a layer of protection
- Waiting until you're recovered and feeling well enough to assist or complete bath yourself.



## PROMOTE

### *Rooming-in*

(Baby to nursery only for procedures or if medically necessary).

- You can feed more on demand, seeing and learning your baby's hunger cues. Feeding on demand increases your milk supply.
- Proven your baby will cry less and they are easier to calm.
- You will get more rest by not worrying about what your baby is doing.
- Less "baby blues" and postpartum depression.

# Breastfeeding

Good for Baby  
Good For Mom

## BENEFITS FOR BABY:

- Prevents diarrhea, ear infections, pneumonia and asthma.
- Cuts risk of Sudden Infant Death Syndrome.
- Lowers risk for obesity, developing allergies.

## BENEFITS FOR MOM:

- Lessens risk of breast cancer, ovarian cancer.
- Prevents postpartum depression, Type 2 diabetes
- Reduces stress

## QUIET HOURS

*We highly suggest no visitors other than your support person for the first 2 hours after delivery.*

*This allows time for your baby and you to get to know each other and bond. Ensure privacy to breastfeed.*