



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



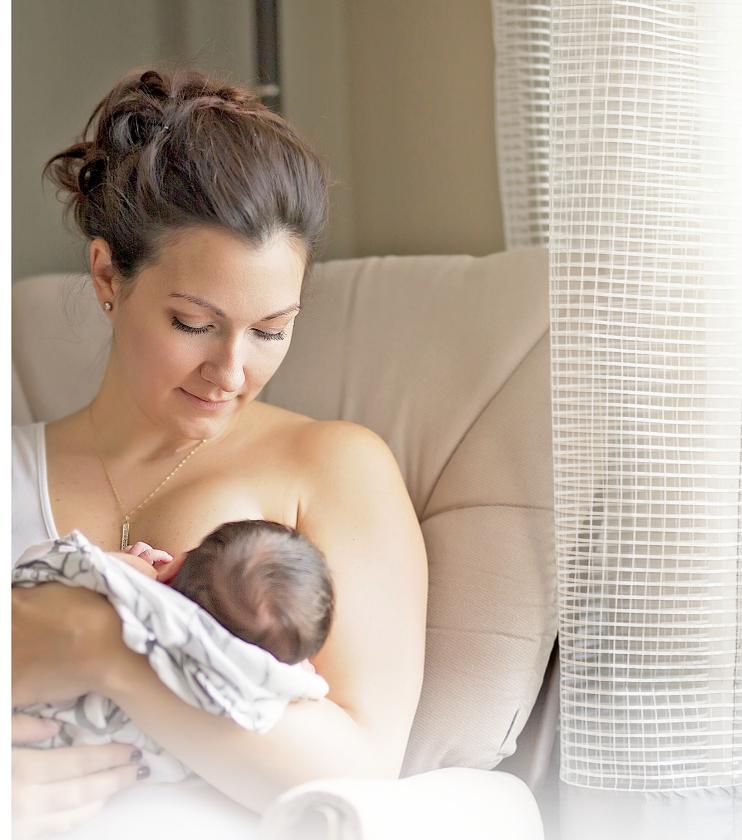
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Thank You

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.