

BENEFITS OF BREASTFEEDING

Prenatal Education – 28-Week Visit



Health Benefits for Baby

- Protection against disease
- Few allergies, asthma, and digestive problems
- Reduced risk of SIDS

Health Benefits for Mother

- Less bleeding
- Burns 500 calories per day
- Reduced risk for ovarian and breast cancer, type 2 diabetes, and postpartum depression

Risks of Supplementation with Formula

- Decrease milk supply
- Decrease infant contentment at breast
- Increase risk of infant illness

Cues for Feeding Baby

- Sucking sounds
- Hand-to-mouth movements
- Restlessness
- Soft cooing or sighing sounds
- Rapid eye movements
- Rooting
- Tongue thrusting

Benefits of rooming-in

- Mother and baby sleep better
- Mother recognizes and responds to baby's cues
- Babies cry less and calm more quickly
- Breastfeeding is easier
- Milk supply increases sooner
- Maternal-infant bond is strengthened

Benefits of skin-to-skin

- Regulate baby's body temperature
- Maintain baby's normal heart rate and respiratory rate
- Maintain baby's blood pressure and blood sugar
- Makes breastfeeding easier
- Lowers mother's stress level

GUIDELINES FOR SUCCESSFUL BREASTFEEDING:

- Feed your baby whenever signs of hunger are shown (on cue)
- Aim for eight or more feedings in a 24-hour period
- Keep your infant with you throughout your stay at the hospital
- Hold your baby skin-to-skin as much as possible
- Avoid supplementary feeding
- Avoid artificial nipples, including pacifiers, until breastfeeding is well-established (typically 3-4 weeks)
- Breastfeeding should be comfortable and non-painful



For information about breastfeeding education classes available at Abington – Jefferson Health, please visit [JeffersonHealth.org/AbingtonClasses](https://www.jeffersonhealth.org/AbingtonClasses) or call 215-481-6800.

BREASTFEEDING SUPPORT SERVICES



Abington Hospital offers breastfeeding support to all mothers. International Board Certified Lactation Consultants (IBCLC) and Certified Breastfeeding Counselors (CBC) are available to help mothers achieve their breastfeeding goals while in the hospital.

The Abington Warm Line is available for non-urgent breastfeeding questions you may have once discharged from the hospital. We also offer breast pump rentals and hands-free pumping bras. Call 215-481-6104, leave a short message, and an Abington lactation consultant will return your call within 24 to 48 hours.

For immediate medical concerns, call your healthcare provider.

Abington – Jefferson Health also provides outpatient services conveniently located at 1400 Old York Road, Suite E, next to the Ziple Garage. At the Breastfeeding Support Service Outpatient Office you will meet with a lactation consultant who can provide expert assistance with any breastfeeding/pumping needs after discharge. We accept all insurances. Call 215-481-6106 to schedule an appointment.

Reasons to Contact an

IBCLC/Lactation Consultant:

- Difficulty latching and sustaining the latch
- Nipples are cracked, bleeding or excessively sore
- Concerns about low milk supply or oversupply
- Engorgement or symptoms of mastitis
- Questions about supplementing
- History of breast surgery
- Preterm or premature infant
- Any concerns about breastfeeding

Or if your baby:

- Is sleepy and not feeding frequently enough
- Is not wetting/soiling diapers enough (refer to feeding log)
- Cries or feeds "all of the time"
- Experiences inadequate weight gain

Online Breastfeeding Support Resources

- Kellymom.com
- Lowmilksupply.org
- Lactmed.org
- PRO-LC.org
- ILCA.org
- USLCA.org
- LLL.org – La Leche League

To find an IBCLC online, visit the International Lactation Consultant Association (ILCA.org) or the Pennsylvania Resource Organization for Lactation Consultants (PRO-LC.org) and click "Find a Lactation Consultant."

Many insurance providers will reimburse for lactation services. Check with your insurance company to inquire about reimbursements for classes, pumps and outpatient lactation consultants.

Support Groups

Abington – Jefferson Health also offers two support groups for new mothers: *Baby Talk* and *Mommies and Munchkins*. For more information about these classes or to register, visit JeffersonHealth.org/AbingtonClasses.

Additional Resources

The Pennsylvania Women, Infants and Children program (WIC) provides qualifying participants with food, nutrition education and breastfeeding equipment, such as breast pumps. Contact WIC at 1800-WIC-WINS or pwic.com.

Philadelphia Health Centers

Free breastfeeding help from a certified breastfeeding counselor for residents of Philadelphia.