

BREASTFEEDING IS BEST:

Preparing During Pregnancy

1. Can you name a few benefits of breastfeeding?

For baby:

- Lower risk of allergy, asthma & eczema.
- Lower risk of childhood obesity & diabetes.
- Lower risk of ear & lung infections.
- Lower risk of diarrhea & bowel disease.
- Lower risk of childhood cancers.
- Lower risk of sudden infant death syndrome.
- Breastfed babies score higher on IQ & vision testing.

For mom:

- Enhances mother-baby attachment & bonding.
- Lower risk of ovarian & breast cancer.
- Lower risk of osteoporosis (bone weakening).
- Lower risk of excessive bleeding after delivery of baby.
- Helps return to before pregnancy weight.

For environment:

- Uses very little electricity or gas.
- No packaging left in landfills.
- No chance of water or formula bacterial contamination.

For economy:

- Less money spent on healthcare needs.
- Fewer missed work days to care for a sick child.
- About \$1,800.00 per year savings from not needing to buy formula (artificial baby milk).

2. Can you name some important reasons for skin to skin contact with your baby?

- Good for mom bonding with baby.
- Helps get breastfeeding off to a good start.
- Keeps baby warm.
- Calming for baby and mom.

3. Can you name some important reasons for your baby to room-in with you?

- Helps mom learn baby's feeding cues.
- Help mom feed baby on demand.
- Helps mom learn how to care for baby.
- Helps baby learn to recognize mom.

4. Can you name some important reasons for baby led breastfeeding or breastfeeding your baby on demand?

- Helps baby to be settled and content.
- Helps prevent breastfeeding complications.
- Help mom have a good milk supply.
- Helps baby get just the right amount to eat.

5. Can you name why positioning and attaching baby properly to your breast are important?

- Helps baby to get enough breast milk.
- Helps mom have enough milk for baby.
- Helps prevent nipple pain and damage.

6. Can you name some important reasons why you should only give your baby exclusive breast milk (no other food or drink)?

- May make baby more content with breastfeeds.
- May make baby less susceptible to illness.
- May increase mom's milk supply.

7. Do you know how long it is recommended to exclusively (no other food or drink, other than breast milk) breastfeed? 6 months, then add complimentary solids on into the 2nd year of life.

8. Please ask for the Safe Formula Feeding booklet, if there is a medical contraindication to breastfeeding or you choose to formula feed after informed education.

9. Community Lactation Support and Education Resources are provided in your Pregnancy Planner and Going Home booklets.