

PRENATAL BREASTFEEDING INSTRUCTIONS

24-28 WEEK VISIT

DISCUSSED WITH PATIENT:

THE BENEFITS OF BREASTFEEDING:

- Decreased risk of SIDS
- Easier for baby to digest, contains proteins that fight infections/viruses
- Fewer respiratory infections, ear infections & other childhood illnesses
- Decreased risk of childhood obesity
- Higher intelligence scores
- Mother will lose weight faster
- Promotes bonding between mother and baby

SKIN-TO-SKIN: At delivery & throughout the hospital stay

- Helps regulate baby's temperature, blood sugar, heart rate, & overall stress
- Baby cries less due to the comfort of skin-to-skin contact
- Promotes a feeling of safety & security in the baby
- Will encourage baby's natural instinct to breastfeed
- Lowers mother's stress hormones

ROOMING-IN:

- Opportunity to learn about baby & be better prepared to care for baby
- Baby stays warm, cries less, comforted by familiar voices and touch
- Mom & baby sleep better
- Parents learn baby's feeding cues faster & can respond quicker
- Mother's mature milk will come in sooner
- Breastfeeding is more successful & baby will gain weight better