



Covenant
Health

WOMEN'S &
CHILD HEALTH



Getting Breastfeeding off to a Great Start



Covenant Health is working towards attaining Baby Friendly Designation

What is the Baby Friendly Initiative (BFI)?

The BFI is a global program that **Protects, Promotes,** and **Supports** breastfeeding families and formula feeding families by providing accurate information on infant feeding.





What to expect in the hospital to support your breastfeeding goals?

- At delivery, your baby will be placed on your chest skin-to-skin.
- Dad or your partner can also hold the baby skin-to-skin if mom is unable to.





The Power of Skin-to-Skin



- Promotes exclusive breastfeeding
- Keeps your baby warm
- Calms and soothes your baby
- Protects your baby from infections
- Stabilizes heart rate, breathing & blood sugar
- Reduces pain from painful procedures



**Your baby will always
be with you.**

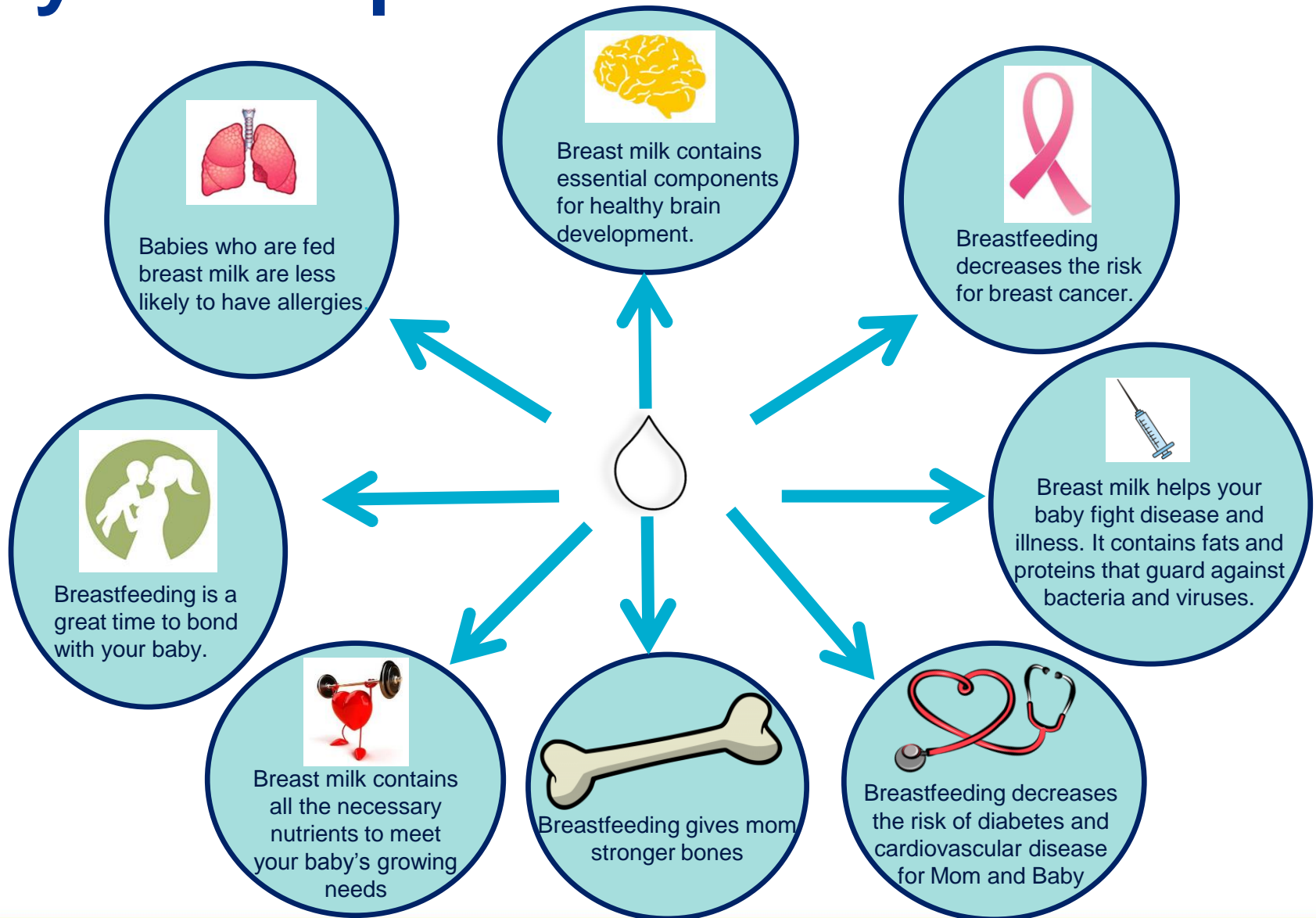
**All routine procedures
and exams will be done
with you present and in
skin-to-skin if possible**

**All women's and child
staff have extra training to
support breastfeeding.**





Why is it important to Breastfeed?





**Breastfeeding takes
patience and practice.**

**Feeding early and often will
help your baby learn to
breastfeed and establish
your milk supply.**





How Does Breastfeeding Work?

- Your breasts produce colostrum beginning during pregnancy and continuing through the early days of breastfeeding.
- This special milk is yellow to orange in color and thick and sticky.



- It's nickname is "Liquid Gold" because it is a treasure you have only for the first few days.

- Colostrum contains large amount of living cells. These living cells are antibodies that protect against disease causing bacteria and viruses. It acts at the baby's first vaccine
- It is low in volume but high in concentrated nutrition and antibodies and is all your baby needs in the first few days.
- Your baby's tummy is the size of a cherry in the first couple of days.



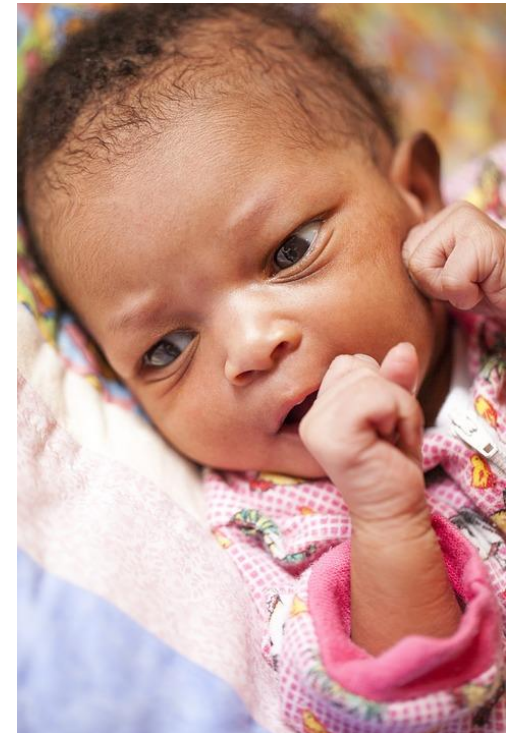


The First 24 - 72 Hours

The time in hospital is focused on learning to breastfeed and getting to know your newborn.

Watch for early signs of hunger such as stretching and hand to mouth motions.

At first, your baby may be sleepy but on the second night, the baby will feed often at the breast and cry if you take him away from your warm body. **THIS ARE NORMAL FEEDING BEHAVIORS** and what we expect to happen.





Normal infant feeding behaviors

Breast milk is easily digested. Your baby feeds frequently at night and in the evenings to meet his growing needs. This is known as cluster feeding.

You may feel tempted to supplement with formula, but this can create problems with your breastfeeding such as nipple confusion. Also, it can decrease your milk supply which can be difficult to reverse

All babies grow differently. Growth spurts usually occur at about 2-3 weeks, 3 months and 6 months





What happens if I am separated from my baby?

Your nurses will teach you one-on-one how to hand express your breast milk.

If you are planning to use an breast pump, there are many different kinds available.

Please choose one that best suits your needs.



Hand Expression

Removing milk from your breasts will help stimulate and maintain your milk supply

You may need to express your milk to:

- Provide breast milk if your baby isn't able to latch
- Provide breast milk for your sick or preterm baby
- Provide breast milk if you're away from your baby
- Help soften your breast if your breasts are engorged



Breastfeeding Buddy

Find a Breastfeeding Buddy! This can be a family member, a friend, or another mother from a support group who has had a positive breastfeeding experience. Your breastfeeding buddy can give you tips and share her breastfeeding knowledge and experiences to help you successfully breastfeed.





Additional Resources

Free Breastfeeding Clinics at the Misericordia Hospital and the Grey Nuns Hospital

La Leche League- <http://www.lllc.ca>

Global health media-
<http://globalhealthmedia.org/videos/>

Healthy Beginnings Hotline phone number:
780-413-7990