

Top Ten
Steps for a
Solid
Breastfeeding
Start

①

Discuss breastfeeding with your primary care provider(s).

②

Breastfeed your baby within the first hour of baby's life.

③

Avoid traumatic procedures to baby before the first feeding (bath, eye drops, vitamin K shot, etc).

④

Room-in with baby 24 hours a day.
YOU are your baby's expert.

⑤

Be sure baby is properly positioned at the breast (correct latch). Ask for help!

⑥

Breastfeed or empty your breasts at least 8-12 times per 24 hours. This will help your milk to come in.

⑦

Try to avoid pacifiers, supplementation with water and/or formula. Colostrum is usually all your baby needs in the first few days of life.

⑧

Persistent sore nipples mean you need help with the latch.

⑨

Keep a breastfeeding log for the first week of your baby's life (tracking how often you nurse and the baby's wets and poops).

⑩

Follow-up within 2-5 days after birth to make sure that your milk is in and that the baby is getting it.

For additional information contact:

HealthPartners Como Lactation Center
651-641-3114

Regions Hospital Lactation Center
651-254-2380

**Top Ten
Reasons
to
Breastfeed
your child**

①

Decrease risk of ear infections by 23-50 percent.

②

Over 70 percent decreased risk of hospitalization for respiratory AND gastrointestinal (diarrheal) diseases.

③

Half the risk of SIDS.

④

Exclusive breastfeeding decreases the risk of urinary tract infections in babies and children.

⑤

Decrease risk of overweight/obesity by 7-24 percent.

⑥

19-27 percent reduction in risk for Type 1 diabetes for infants breastfed for at least 3 months.

⑦

For infants breastfed at least 6 months, there is a 19 percent decreased risk for childhood leukemia.

⑧

For women who breastfeed for at least one year, there is a 28 percent reduction in risk for breast cancer AND ovarian cancer.

⑨

A woman's risk of developing Type 2 diabetes decreases by 4-12 percent for every year she breastfeeds.

⑩

SAVE LOTS OF MONEY!!! –
Both for you and for the health care system.



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**To purchase additional reference cards visit:
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