



Woman's

exceptional care,
centered on you

Breastfed is Best Fed

**Breastfeeding Benefits Both
You and Your Baby**

Third Trimester

Making an Informed Decision on Breastfeeding

Baby's almost here!

Mom, you are just about ready to hold your baby in your arms after waiting all these months.

Here are some of the things you need to know for your hospital stay as you begin breastfeeding your baby.

Skin-to-Skin Care

As soon as your baby is born, your baby will be placed on your chest after being dried. We call this "skin-to-skin care" and this will happen for all babies regardless of mom's feeding choice, as long as you or your baby do not require special medical attention.

Research shows that this kind of care for your baby not only promotes bonding, but also helps to stabilize your baby as he transitions from the womb to the outside world. Babies who are skin-to-skin with parents tend to cry less, sleep better and stay warmer than they would wrapped in a blanket.

Breastfeeding shortly after delivery is the perfect time for the first feeding to occur, as your baby is usually alert and interested in suckling then. In fact, we encourage you to continue to provide your baby with skin-to-skin care as much as possible during your hospital stay. Dad can even do it!

If your baby doesn't show interest in breastfeeding immediately after delivery, don't worry. By hold your baby skin-to-skin on your chest (and covered by blankets to keep you both warm) your baby will soon show an interest in feeding.

The "Golden Hour"

Most babies are alert and will begin to show interest in eating sometime during the first hour after they are born. We call this special time the "Golden Hour" and will not separate moms, dads and babies during this time so you can get better acquainted. Your extended family is important, and we encourage them to anticipate holding your precious little one after you have spent the "Golden Hour" with your baby. After a couple of hours, you might be ready for a nap after all your hard work and your family can hold and rock your baby during that time, so you and dad can get some well-deserved rest.

Rooming In

You will be encouraged to keep your baby in your room with you at all times – we call this "Rooming In". This time spent together helps you become more comfortable in caring for your new baby. Rooming in can help your baby regulate his heart rate, body temperature and sleep cycle because he can sense you nearby. Nurseries have lights, noise and other distractions that can interfere with a baby's body rhythms. And, surprisingly, many new moms sleep better when her baby is in her room. Staying together helps a mom get "in sync" with her baby's sleep cycles.

When is baby ready to eat?

You will soon learn the signs that your baby is ready to breastfeed. When you notice these "feeding cues," respond by feeding your baby. Some early signs of readiness for feedings are licking, smacking, turning his head from side to side and putting his fist in his mouth. Crying is often a late sign of hunger, or perhaps an indication of another need. Your feeding will go more smoothly

if you feed your baby when you see early cues of feeding.

Making Enough Milk

Early and frequent breastfeedings help your body establish a full milk supply for your baby. Most mothers make plenty of milk for their babies without the need to supplement with formula. Newborn babies eat often with no set time schedule. Often a newborn wants to breastfeed more than the mother might expect, especially at night. We will help you recognize the signs that your baby is getting plenty of milk. Pacifier use is recommended after breastfeeding is well established. That way, your baby learns to breastfeed early and often and your breasts get lot of stimulations – helping you make lots of milk.

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Woman's exceptional care, centered on you

Founded in 1968, Woman's is a nonprofit organization, governed by a board of community volunteers, providing medical care and services in order to improve the health of women and infants, including community education, research and outreach.