



Corporate
Lactation Services

PRENATAL NEWSLETTER

THE GIFT OF YOUR MILK

Congratulations on your decision to breastfeed your baby! The gift of your milk provides so many benefits to your newborn and to you as a breastfeeding mother.

- ♥ For the first few days after delivery, your baby will be getting “colostrum”. This colostrum is very important for your baby as it coats your baby’s stomach and intestines and protects your baby from infection. This is very important since your baby’s immune system is not mature for several months after birth. Your milk contains all the nutrition your baby needs as well as reducing the chances of infection, allergies, diabetes, obesity and SIDS.
- ♥ You also benefit from breastfeeding. In the early days after birth, breastfeeding helps to stimulate not only your milk production, but it also helps to stimulate the muscles of your uterus to contract to help it return to prepregnant size. Also, you will have a more rapid return to pre-pregnancy weight, stronger bones, and finally, less risk of ovarian, uterine and breast cancer. The longer you breastfeed, the more benefits there are to you and your baby.

A CHECKLIST TO HELP YOU PREPARE BEFORE YOUR BABY ARRIVES

- ❑ **Know your ‘Why’** -- Breastfeeding is natural but may not necessarily come easy for moms and babies. Knowing why you are committed to breastfeeding and sharing your reasons can power you through the long, sleepless nights inherent in being a mom of a newborn. Moms with a strong commitment, dedication and good support have the best opportunity to make breastfeeding work.



- ❑ **Learn everything you can about breastfeeding – and mentally prepare yourself.** Knowing what to expect can help prepare you for the breastfeeding journey.
 - **Talk with your Lactation Consultant through Corporate Lactation Services (CLS).** She will answer your questions with reliable information, get to know you and your goals and provide education and support to help you feel a bit more comfortable and confident about breastfeeding.
 - **Attend a local breastfeeding class.** If your support person is willing to go with you, it can be helpful to have 2 sets of ears!
 - **Talk to other breastfeeding mothers** – it may be helpful to watch them feed if you have an opportunity.

- **Watch videos.** A video series that shows “Breastfeeding in the First Hour”, how to position your baby, what to do if you experience nipple pain, plus many more can be found at [Global Health Media](#) and [Stanford Medicine](#).
- **Read the information in the breastfeeding packet** that you received in the mail after your enrollment, as well as other breastfeeding books.
- **Interview the pediatricians you are thinking of to see if they support breastfeeding** - ask questions such as:
 - “What percentage of babies in your practice are breastfeeding at 6 months, at 1 year?”
 - “Do you have a Lactation Consultant in your office that can help should problems arise?”
 - “What growth chart does your office use?” The answer to this should be “World Health Organization (WHO) growth charts”.
- **Develop your breastfeeding support system - don’t be afraid to ask for help.** Surround yourself with family and friends who understand and support your decision to breastfeed. Talk to or watch other breastfeeding mothers, speak with your Lactation Consultant through CLS, attend support groups such as [Le Leche League](#). Know who to turn to when you need help. Every family member has an important role for breastfeeding to succeed. Ask your CLS Lactation Consultant for the newsletter on *The Role of Father and Other Special Family/Friends during Breastfeeding.*
- **Make a plan – and plan for help.** Plan to breastfeed your baby 8 to 12 times in 24 hours. Baby’s feedings won’t be spaced exactly but newborns are typically feeding every 1-3 hours around the clock. Naps are very important for you to heal from delivery and to be up with your baby feeding at night. Possibly, have some meals prepared and frozen ahead of time or arrange for meals to be brought to you by friends/family. Ask your CLS Lactation Consultant to help you develop a plan that’s right for you.
 - **When the plan doesn’t go as planned – reset.** Then, do your best to get back on track the next day. Know when to call in reinforcement. Include in your plan who you will call when breastfeeding challenges arise. Your lactation consultant can help you plan for safe sleep and nighttime feedings when you are tired. Who will help with cleaning and making meals while you recover from the delivery and focus on feeding your baby? Can you or your family or friends cook some meals ahead of time. If it is in your budget, there are services such as meal delivery or online services such as [Hello Fresh](#), [Green Chef](#) and [Go Fresh](#).
 - **How to overcome obstacles?** - What happens if you have a c-section? What if your infant is in the NICU? If you are faced with supplementing your baby, please reach out to your Lactation Consultant to develop a plan that will minimize interruptions in breastfeeding and promote your milk production. We do have additional handouts on *Breastfeeding after C-section Birth* and *Your Baby Needs Your Milk (NICU)*. Talk with your Lactation Consultant about these.
 - **Consider a system to track your baby’s feedings and diapers in the first few weeks.** A piece of paper next to the diaper changing table works or you may want the

convenience of an app on your phone such as “Nursing Timer”, “[Baby Nursing-Breastfeeding Tracker](#)” or “[My Medela](#)” apps.

- **Give yourself a solid month** to perfect the latch and get in a groove with breastfeeding. Please be sure to reach out to your Corporate Lactation Consultant if you find breastfeeding and/or pumping to still be very difficult.

WHAT'S IMPORTANT TO KNOW IN THE FIRST 3 DAYS

- ♥ **The First Golden Hour:** During labor and delivery, your baby is receiving hormones from you that will lead to your newborn being awake, alert and ready to feed right after delivery. So, this is the perfect time for the first feeding!
 - **Limit visitors.** This is a perfect time to just be with your baby and your support person. This allows you and your baby a chance to get to know each other during this first feeding.
 - **Hold skin-to-skin immediately after delivery and often during the first weeks:** Keeping your baby close, heart-to-heart, helps baby feel comfortable, assists in your milk production and helps you learn when your baby is ready to feed.
- ♥ **After this first feed, usually by about 1.5 – 2 hours after delivery,** your baby will want to sleep for a while. You will then watch your baby for signs of hunger such as starting to wake up, putting fingers in mouth, licking lips, etc. That is a sign for you to begin feeding your baby again.
- ♥ **Getting the latch right.** It is common to have some discomfort for the first few minutes when your baby latches on during the first few weeks. But, if the pain persists through the whole feeding or if your nipples are getting very sore/bleeding etc., ask to see the Lactation Consultant in the hospital to have your newborn’s latch evaluated. Also, reach out to your CLS Lactation Consultant for assistance. We can help you with the process of finding a Lactation Consultant in your area if you need hands on help after discharge from the hospital.
- ♥ **When will my milk come in?** During the first 2 – 4 days after delivery, your baby will be getting the colostrum your body began making when you were about 16 weeks pregnant. Your baby will feed frequently during this time, sometimes every hour. Then, at 2 to 4 days after birth, your milk will “come in”. You will notice your breasts becoming fuller and your baby swallowing more often during the feeding. You will also notice your baby’s diapers becoming heavier and more frequent. Also, your baby’s poop will change from black (meconium) to dark green and finally to yellow by day of life 5. If you are not noticing these changes, please let your baby’s doctor and your lactation consultant know.
- ♥ **Expect to feed your baby 8 – 12 times in 24 hours.**
- ♥ **Anticipate a pediatrician appointment a few days after discharge** and regularly until your baby returns to birthweight. This usually happens by the time your baby is 10 days to 2 weeks old.



SUPPORT THROUGH CORPORATE LACTATION SERVICES

Thank you for signing up for the breastfeeding program with Corporate Lactation Services. Our goal is to support you with your plans in feeding your baby.

- ♥ We know this is a **very** busy time for you! We will be placing calls to you to answer any questions you may have and to offer education and support on how feedings are changing with your rapidly developing baby. We would love to talk to you but understand that you may not be able to get to the phone. Feel free to reach out when you need us! If email is more convenient for you, possibly to set up a time to talk about a complex situation, or to ask a quick question, please feel free to reach out.
- ♥ All our Lactation Consultants are board certified (IBCLC) and Registered Nurses. Feel free to speak with any on our staff if your Lactation Consultant is not available. We are all trained to discuss the many different aspects of breastfeeding, from before your baby is born all the way through weaning.
- ♥ We do have an on- call answering service available after office hours and on weekends. You can expect a call back within 2 hours during those times.
- ♥ We are here to help you develop a customized plan. For breastfeeding concerns, call your lactation consultant at 888-818-5653
- ♥ My Lactation Consultant is: _____ Ext: _____

