

Baby Friendly Topics at Your Prenatal Visits

St. Peter's supports the World Health Organization's Baby Friendly initiative that encourages breastfeeding and mother/baby bonding.

PRENATAL APPOINTMENT

1

Benefits of Breastfeeding Skin-to-skin

- Bonding and convenience
- Higher IQ
- Less allergies & asthma
- Decreases all respiratory and GI illnesses
- Decreases Mom's risk of breast and ovarian cancer
- Decreases risk for both mom and baby for diabetes

Immediate Skin-to-skin after Birth

- Calms baby
- Regulates heartbeat, breathing and temperature
- Stabilizes blood sugar
- Great start to bonding
- Helps start breastfeeding

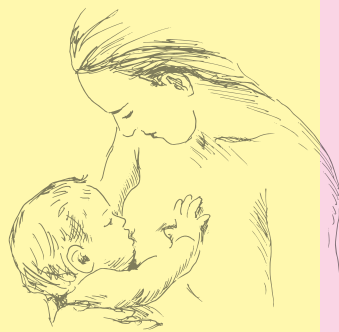


PRENATAL APPOINTMENT

2

Effective Positioning and Attachment

- The four common breast feeding positions:
 - ▶ cradle
 - ▶ cross cradle
 - ▶ football
 - ▶ side-lying



Tricks for Getting A Good Latch

- Signs of a good latch:
 - ▶ The more comfort with your latch the more milk your baby receives.
 - ▶ When your baby is positioned well, his or her mouth will be filled with breast and the baby's chin will touch your breast.
 - ▶ You'll hear or see your baby swallow; the baby's ears will wiggle

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Non-pharmacological Pain Relief Methods for Labor

- Learning proper breathing, massage, relaxation and comfortable positions
- The role of your partner in pain-relief methods

Enrolling in The "Prepared Parenting" Series at St. Peter's Health

Managing Labor Pain

- Pain during childbirth is different for everyone and depends on many factors.
- Building a positive outlook and managing fear may help you cope with the pain.
- Labor pain has a purpose.

Understand Risks Associated with Pain Medications During Labor

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Benefits of Rooming-in with Your Baby

- Babies cry less and calm easier.
- Moms get more rest.
- Ability to respond to your babies feeding cues
- Moms make more breastmilk faster



Hunger Signs or Feeding Cues

- Your baby becomes alert and awake.
- They put their hands or fists in their mouths and make sucking motions.
- Your baby will turn towards anything that touches their face; this is called "rooting."
- You should feed your baby at least 8 times—8 to 12 or 14 times in 24 hours.

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Your Breastmilk Is The Best Nutrition for Your Baby

- Colostrum and breastmilk are dose based—the more, the better it is for your baby.
- 6 months of exclusive breastmilk feeding gives your baby the greatest benefit.
- Many benefits continue for both mom and baby if breastfeeding continues, with complimentary foods after 6 months.

Hand Expressing Your Milk

- Hand expression can be very helpful in the early days of breastfeeding.
- Hand expression can soften the breast and provide comfort if you experience engorgement, making it easier for latch.

