



## Lactation support

Grand River Health's Certified Lactation Counselor offers support to nursing mothers to ensure your baby's nutritional needs are satisfied.

Call anytime to schedule your free consultation at 970.625.6201.

# Lactation support



## Benefits of Breastfeeding

The American Academy of Pediatrics recommends exclusive breastfeeding for six months followed by continued breastfeeding as foods are introduced, with a continuation of breastfeeding until baby is one year or older if desired by mom and baby.

The benefits of breastfeeding include:

- Saving money on formula and healthcare costs
- Children with fewer and less serious illnesses, such as SIDS, childhood cancers and diabetes
- Lower risk for breast and ovarian cancer, anemia and osteoporosis for mom
- Infants who are less likely to be obese as adolescents and adults
- Better community health due to increased immunity and decreased incidence of disease

## Question & Answer

### **How can I build an adequate milk supply?**

Your milk supply is established during the first several weeks of your baby's life. The amount you breastfeed in the early postpartum days helps determine the amount of milk you will have as your baby grows older.

## **Tips for getting off to a good start:**

- Help baby get a good latch
- Breastfeed frequently (10–12 or more times in 24 hours)
- Spend lots of time skin-to-skin
- If you are separated from your baby, pump 10–12 times in 24 hours

## **How do I know that my baby is latched on well?**

- Baby's mouth is open very wide
- Her chin and nose are pushed in against the breast
- Both of her lips are curled out
- You can see more of the dark part around your nipple above baby's top lip than below her bottom lip
- Her cheeks are rounded, not dimpled or sucked in
- You can hear her swallow (it sounds like a soft "kuh")
- You do not hear any clicking or smacking sounds
- She takes long, rhythmic sucks, and you can see her upper jaw and ear move
- You feel a strong tug while breastfeeding, but do not feel pain

## **How do I know my baby is getting enough milk?**

Watch baby's weight gain, as well as how many poopy diapers they have.

Most babies lose weight in the first several days of life. After Day 5, baby should be gaining weight, and be back at his birth weight by Day 12–14.

When baby is 4 days old, he should have 4 poopy diapers per 24 hours. The urine should be clear

or very pale yellow, and the poop should be bright yellow and soft, like mustard (if baby is exclusively breastfed).



## **When is the best time to feed my baby?**

### **Look for...**

- Subtle baby motions as they are waking from a deep sleep
- Rapid eye movements (REM)
- Mouthing and/or sucking motions, putting hand near or in their mouth
- If your baby is crying, try to calm them before feeding

## **Can I breastfeed if I am sick?**

Some women think that they should not breastfeed when they are sick. However, most common illnesses, such as colds, seasonal flu, or diarrhea, can't be passed through breastmilk. In fact, your breastmilk has antibodies in it. These antibodies will help protect your baby from getting the same sickness.

If you are sick with the flu, including the H1N1 flu (also called the swine flu), you should avoid being near your baby so that you do not infect him or her. Have someone who is not sick feed your baby your expressed breastmilk.

*This is general information. Always seek the advice of your physician/healthcare professional for any questions you may have regarding you or your infant's medical condition.*



## Resources:

### Family Visitor Programs

#### ***Bright by Three***

Contact: Janie Saenz 970.945.1234, ext. 25

#### ***Nurse Family Partnership***

- Home visitation program
- Educational materials & lactation support

Contact: Jane Henson 970.945.1234, ext. 27

#### ***Healthy Families America***

Contact: Sue Horn 970.945.1234, ext. 31

### La Leche League

- Breastfeeding support

Contact: Sally Lippman - 970.945.6726

Corrine Merritt - 970.945.9754

### WIC - Women, Infants & Children (for eligible clients)

- Breast feeding counseling, support
- Educational material & breast pumps available

Contact: Garfield County Public Health

Glenwood Springs - 970.945.6614

Rifle - 970.625.5200

Basalt/El Jebel - 970.328.9586

Aspen - 970.920.5420



501 Airport Rd, Rifle, CO | [grandriverhealth.org](http://grandriverhealth.org)

**For Appointments: 970.625.6200**

**Certified Lactation Counselor: 970.625.6201**

**Occupational Therapist: 970.625.6451**

A Mom's Support Group is also available.  
Please call 970.625.6201 for additional information.