



Should I pump?

If breastfeeding is going well, it's better to focus on feeding at the breast for the first 4-6 weeks. If you are separated from your baby or baby is unable to latch effectively, you'll need to pump to stimulate your breasts and express milk.

You can return to work and continue to breastfeed! Employers are required by law to allow time and space for you to express milk for your baby. Most families balance breastfeeding and working by pumping while apart, and breastfeeding while together.

Private insurance companies cover electric breast pumps. Call your insurance company for details.



501 Airport Rd, Rifle, CO | grandriverhealth.org

Primary Care: 970.625.1100

Lactation Appointment: 970.625.6200

Lactation Consultant:

970.625.6201 or 970.625.6432

Baby & Me Support Group meets on Wednesdays at 10:00 am in the Changing Lifestyles Conference Room. This group is free and includes access to a baby scale and an IBCLC. Call 970-625-6201 for more information.



Lactation Support

Grand River Health's lactation consultants can help you meet your breastfeeding goals.

Call 970.625.6200
to schedule a free visit.



Breastfeeding: Normal Infant Nutrition

Breast milk contains all the nutrients your baby needs to grow and develop. Health experts agree that it's best to wait until your baby is about 6 months old before offering any food other than breast milk. Breastfeeding should continue through at least the first year.

The **risks of formula feeding** include:

- Babies and children that are **more likely** to suffer from ear and respiratory infections, asthma, obesity, diabetes, childhood cancers and SIDS.
- Mothers that are **more likely** to develop breast and ovarian cancer, heart disease and Type 2 Diabetes.

Breastfeeding Q&A

How can I build an adequate milk supply?

Your milk supply is established during the early weeks of your baby's life. Breastfeed frequently for a good supply long-term.

What are some breastfeeding basics?

- Try laid back breastfeeding.
- Spend lots of time skin-to-skin.
- Offer breast at the first sign of hunger (smacking, sucking, rooting...)
- Breastfeed frequently (8-12+ times in 24 hours during the newborn phase.)
- Wake baby every 3 hours to feed for the first couple of weeks.
- Be patient. Breastfeeding will get easier.
- Ask for help if you need it!

How can I tell if baby is latched well?

Breastfeeding should feel comfortable. Some pain is normal at first, but it should not be unbearable or last through a feeding. Most of the areola should be in baby's mouth.

Check positioning and latch. Is baby('s)...

- ✓ Tucked in close with ear, shoulder and hip in a straight line?
- ✓ Supported at the neck with head tilted slightly back?
- ✓ Mouth open wide with lips curled out?
- ✓ Chin touching the breast?
- ✓ Breathing easily?
- ✓ Suck strong, slow and steady?
- ✓ Swallowing frequently?

When should I feed my baby?

Whenever baby wants to eat. Watch for feeding cues. You can't breastfeed too often but you can breastfeed too little.



How do I know if baby is getting enough milk?

Track baby's wet and messy diapers. By day 4 of life, baby should have at least 6 wet and 3 messy diapers. Urine should be clear or pale yellow and stools should be yellow and soft.

Attend baby's wellness checks to monitor weight. Most babies lose some weight in the first few days after birth, but return to their birthweight by 2 weeks of age. The average weight gain for a breastfed baby is 5-7 ounces a week from 0-4 months. Weight gain slows to 4-5 ounces a week between 4-6 months and to 2-4 ounces a week between 6-12 months.

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.