

Breastfeeding Made Easy

A few breastfeeding suggestions:

- Start with exclusive and frequent breastfeeding. The more you breastfeed, the more milk you will produce.
- Watch your baby for feeding cues such as sucking on a hand, sticking out of the tongue, stretching, and rooting (looking for a breast).
- Keep your baby near you all the time to attend to his/her needs quickly, and to enhance his/her feelings of happiness and safety.
- Keep your baby skin-to-skin as much as possible. Cover your baby with a blanket to keep him/her warm during skin-to-skin.
- Help your baby get the best latch possible. Ask your nurse or lactation consultant for help if you are having problems.
- Say “no” to pacifiers and bottles, at least during the first 4 weeks after delivery. Pacifiers may hide feeding cues, leading to skipped feedings, which will decrease milk production.
- Look and listen for signs of swallowing. Your baby must swallow to eat.
- Learn to sleep when your baby sleeps. Daytime naps with your baby will help you to be rested for nighttime feedings.
- Ask your family and friends to limit their visiting time. In the first few days you will need time to rest and recover, bond with your baby, and learn how to provide care.

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Prenatal breastfeeding education -
3rd Trimester



5 Keys to Successful Breastfeeding



Breastfeeding and the Impact of Pain Medication during Labor

The medications available for pain relief in labor may affect your early attempts at breastfeeding by making you or your baby sleepy.

If you use medications or an epidural during your labor:

- Be proactive during the early post-partum period by doing a lot of skin-to-skin contact to initiate breastfeeding
- Learn how to awaken your sleeping baby
- Provide extra small feeds
- Spoon feed your baby with hand expressed colostrum if necessary

Strategies to avoid or decrease the use of pain medications:

- **Become educated about childbirth.** Education has been shown to promote confidence in expectant mothers. Women with a high level of confidence in their childbirth experience have less pain, take fewer medications, and are more likely to have a positive early breastfeeding experience. Childbirth education classes that include a variety of pain management strategies provide expectant mothers with more pain control choices.

- **Consider “med-free” pain management options.** Some medication-free pain management options include:
 - Breathing and relaxation techniques
 - Acupressure
 - Frequent position changes
 - Massage
 - Hot/cold therapy
 - Hypnobirthing and guided imagery
 - Music
 - Hydrotherapy
 - Aromatherapy

Breastfeeding support in the hospital and after discharge

International Board Certified Lactation Consultants

An International Board Certified Lactation Consultant (IBCLC) is a healthcare professional who specializes in the clinical management of breastfeeding and human lactation.

Ways to contact:

Phelps Hospital Lactation Center offers outpatient IBCLC appointments. Call (914)366-3559

Westchester/Putnam/Rockland Lactation Consortium: local IBCLC listings and services: Go to www.WPRLC.com

International Lactation Consultant Association provides a listing of IBCLC by zip code. Go to www.ilca.org

La Leche League

La Leche League is an international nonprofit, nonsectarian organization dedicated to providing support, encouragement, information, and education to women who want to breastfeed. We suggest going to a La Leche League meeting before your baby is born. Go to www.llnny.org for more information and to find meetings near you.



It's Time! Initiation of Breastfeeding





Rooming in – A special time with your baby

What is Rooming in?

Rooming In means your baby is with you in your room throughout your hospital stay. At Phelps, our doctors, nurses, lactation consultants and other healthcare workers will bring their services and equipment to your room to ensure your baby remains with you for 24 hours.

Rooming In Benefits for the Mother:

- Increased confidence in handling and caring for your baby
- Earlier awareness of your baby’s cues (sleepy, stressed, in need of quiet time, or hungry)
- Better understanding of feeding cues (rooting, opening mouth, and sucking on tongue, fingers, or hand)
- Improved breastfeeding experience including an earlier flow of your breast milk and an ability to breastfeed for a longer time
- Opportunity to learn how to feed your baby and care for your breasts while our expert staff is close by to assist you
- Less “baby blues” and postpartum depression
- Parents are better rested and more relaxed by the end of the first week at home

Rooming In Benefits for the Baby:

- Better quality sleep while developing a more regular sleep-wake cycle. This may help ease the transition to day/night routines
- More stable body temperatures
- Generally more content, less crying
- More stable blood sugar
- Breastfeeds sooner and longer
- Lower levels of stress hormones
- Opportunity to develop natural immunity to germs through contact with the mother
- Feeds more often and gains more weight
- Develops less jaundice

What about sleep?

Studies show that mothers have the same amount and quality of sleep when rooming in as when the baby is out of the room. A few suggestions:

- Sleep when your baby sleeps, day or night time. Sleep in chunks of time. Minimize distractions and visitors.
- Find a comfortable feeding position (lying on your back or either side); then rest while your baby feeds.

Quiet Time

Quiet hours are designed to provide our new families with much needed rest during the day to enable them to attend to their baby’s needs during the night. Quiet hours at Phelps Maternity Unit are seven days a week from 2:00 to 4:00 pm. Visitors are asked to come before or after these hours.



Skin-to-skin contact: A way to strengthen the bond with your baby

What is skin-to-skin contact?

Skin-to-skin contact is the way that nature intended for babies to be welcomed into the world. During “skin-to-skin,” an unclothed infant is placed belly down against the mother’s bare chest immediately after birth and as often as possible whenever the mother and newborn are together in the hospital and at home.

Why skin-to-skin contact?

- Initiates the lifetime process of bonding
- Keeps your baby warmer
- Helps your baby stay calmer because he/she hears the familiar sound of your heartbeat
- Provides the baby with the opportunity to breastfeed immediately after birth, which helps increase the success of breastfeeding
- Improves your milk supply
- Stabilizes the baby’s sugar levels and vital signs, including the heart rate, blood pressure, and oxygen levels
- Helps you recover by stimulating the release of natural hormones that control bleeding and relieve pain

How is skin-to-skin contact initiated?

- Immediately after your baby is born, he/she will be placed on your bare chest and dried.
- You and your baby will be covered with dry blankets.
- If you have had a cesarean section, skin-to-skin contact will be started as soon as you are transferred to the recovery room.
- Necessary procedures and checks will be done with you and your baby without interruption to skin-to-skin contact. The weighing of the baby will be delayed to prevent interference with skin-to-skin contact and initiation of breastfeeding.
- You will be encouraged to keep the baby in the skin-to-skin position until the first feeding or for at least one hour after birth.
- If there is a medical condition that prevents you from performing skin-to-skin contact right after birth, the staff will help you initiate it as soon as it is okay with your baby’s doctor and/or midwife.
- If you are unable to perform skin-to-skin contact, your baby’s partner can participate.
- Family members will be encouraged to keep visits brief or to delay visiting until you are transferred to the post-partum room.



The Baby-Friendly Hospital Initiative (BFHI)

Phelps Hospital proudly supports and participates in the **Baby-Friendly Hospital Initiative** (BFHI). The BFHI is an international program of the World Health Organization (WHO) and the United Nations Children’s Fund (UNICEF). The initiative developed guidelines called “**10 Steps to Successful Breastfeeding**” to enable parents to make informed choices about how they feed and care for their babies and create an optimal environment for breastfeeding initiation.

We are striving to improve our prenatal education, enhance our staff lactation support training, implement breastfeeding-friendly policies, and ensure you and your baby are off to a healthy start after discharge!

