

Successful Breastfeeding

What You Need to Know



FIRST TRIMESTER

Making an Informed Choice



How you feed your baby is one of the first decisions you make as a parent. Our goal is to provide you with information so you can make an informed choice. Research has shown that with proper education and support, most women who choose to

breastfeed can successfully achieve their goals.

Many organizations recommend and support breastfeeding as the best nutrition for all newborns and infants, including:

- American Academy of Pediatrics (AAP)
- World Health Organization (WHO)
- Unicef
- Association of Women's Health, Obstetric and Neonatal Nurses (AWHONN)
- Baby-Friendly USA, Inc.
- Centers for Disease Control and Prevention (CDC)
- March of Dimes
- Academy of Breastfeeding Medicine

Benefits of Breastfeeding

Breastfeeding provides many benefits for you and your baby. It will allow you to provide the perfect nutrition for your baby throughout development. Breastfeeding is a wonderful investment in you and your baby's future.

Benefits of Breastfeeding for Mom

- Increases bonding with your baby
- Decreases your chance of postpartum bleeding
- Decreases your risk of breast cancer, ovarian cancer and osteoporosis
- Decreases the risk of developing diabetes
- Decreases risk of postpartum depression
- Helps you lose weight faster after having your baby
- Helps you recover faster from your delivery
- Builds your self esteem

Continued on reverse



Benefits of Breastfeeding for Baby

- Breastmilk provides the perfect nutrition for your baby
- Builds your baby's immune system
- Fights disease such as asthma, diabetes, childhood leukemia
- Decreases risk of ear infections, respiratory infections, diarrhea, obesity, allergies
- Changes to meet the nutritional needs as your baby grows
- Easy to digest and soothes your baby's tummy
- Increases IQ by enhancing brain development
- Decreases the chance of Sudden Infant Death Syndrome (SIDS)
- Provides natural pain relief for your baby

Benefits of Breastfeeding for Family

- Allows extra time for family as there is no preparation time for feeding
- Decreases the amount of sick days for parents
- Breastmilk is free
- Decreases time and money spent on doctor visits
- More sleep for mom, partner and baby
- Is environmentally-friendly by decreasing waste (no bottles, cans, etc.)

What can I do now to prepare?

To prepare for breastfeeding, the most important thing you can do is have confidence in yourself. Committing to breastfeeding starts with the belief that you can do it! Your body was designed to provide the proper nutrition for your baby.

- 1. Get good prenatal care, which can help you avoid early delivery.** Babies born too early often need special care, which can make breastfeeding harder.
- 2. Take a breastfeeding class.** UW Medicine | Valley Medical Center offers breastfeeding classes. Go to valleymed.org/birthclass to schedule.
- 3. For further information, you can make an appointment** with a Lactation Consultant at Valley's Lactation Services prior to having your baby. Call **425.228.3440, ext 2526**.
- 4. Talk to your healthcare provider about your health.** Discuss any breast surgery or injury you may have had. If you have depression or are taking medications, discuss treatment options which will work with breastfeeding.
- 5. Tell your healthcare provider that you would like to breastfeed** your newborn baby as soon as possible after delivery. The sucking instinct is very strong within the first hour of life.
- 6. Talk to friends who have breastfed** or consider joining a breastfeeding support group.

UW Medicine | VALLEY MEDICAL CENTER
The Birth Center - Neonatal ICU - Pediatrics

400 South 43rd Street, Renton, WA 98055 valleymed.org/birth