Welcome to Breastfeeding Class
Getting Ready for Baby
Breastfeeding Trees
Nourish
Human Milk vs. Formula

Breastmilk has more of what babies need.

- Antibodies
- Anti-Cancer (Hamil)
- Growth Factors
- Enzymes
- Disease Fighting Stem Cells
- Hormones
- Anti-Viruses
- Anti-Allergies
- Anti-Parasites
- Probiotics
- Prebiotics
- Minerals
- Vitamins
- Fat
- DHA/ARA
- Carbohydrates
- Protein
- Water

Formula (Not in all formulas)

- Probiotics
- Prebiotics
- Minerals
- Vitamins
- Fat
- DHA/ARA
- Carbohydrates
- Protein
- Water
Current Recommendations

The **American Academy of Pediatrics** Recommends:

- Exclusive breastfeeding for 6 months
- Followed by continued breastfeeding as complementary foods are introduced
- With continuation of breastfeeding for 1 year or longer as mutually desired by mother and infant

The **World Health Organization** Recommends

2 full years of Breastfeeding
Building Your Team
How do Moms GET READY to make milk?

- Fat cells
- Milk-producing cells (alveoli)
- Milk ducts
- Milk pockets (sinuses)
- Nipple
- Areola
Hormonal Control
Falling In Love, The Magical First Hour
Stage 1: Birth Cry
Stage 2: Relaxation
Stage 3: Awakening
Stage 4: Activity
Stage 5: Rest
Stage 6: Crawling
Stage 7: Familiarization
Stage 9: Sleep
Falling in Love: continued Skin to Skin
The Many Benefits of Skin to Skin
Temperature Regulation

Cooler

Warmer
Regulates Heart and Breathing
Neurodevelopment
Regulates Blood Glucose Levels
Gut Colonization
Mother-Infant Bonding
Pain Analgesic
Lower Stress in Mom
Self-Attachment at the Breast
Enhanced Milk Production

Milk Production

Milk Production

SSC
Keep Baby Close - Rooming In
Quiet Time is
2:00 p.m. to 4:00 p.m.

This important time of the day is for mother and baby to rest and bond.

Please support this positive experience by visiting before or after Quiet Time. Thank you.
How OFTEN to Feed
8 or more in 24 on EARLY CUE

LATE CUES - “Calm me, then feed me”

- Crying
- Agitated body movements
- Colour turning red
How LONG to Feed?
Until Signs of Fullness/Content Baby
How to Breastfeed
Get in a COMFORTABLE position & Pull baby in CLOSE
Support Baby’s Neck
Chest to Chest
Chin in the Breast
Nipple to Nose
A Deep Comfortable Latch
Laid-Back Position
Cross Cradle Hold
Football or Clutch Hold
Cradle Hold
Second Night
Ways to Calm Baby
Assessing Intake

Meconium

Transition

Breastmilk
Protect Breastfeeding
Impact of Artificial Nipples

- Pacifier Use
- Poor Latch
- Sore Nipples
- Poor Milk Transfer
- Poor Weight Gain
- Weaning
Artificial Nipples Just Say No!

Read my lips… NO PACIFIERS
Support After Hospital

- Well Newborn Clinic- 985-537-3211
- Hospital Warmline/ Lactation- 985-537-8291/985-251-4598
- Wicbreastfeeding.fns.usda.gov
- La Leche League 1-800-525-3243 or www.lli.org
- Bayou Region Breastfeeding Moms Facebook Page www.facebook.com/groups/bayouregionbreastfeedingmoms
- LABreastfeedingSupport.org
- Partners for Healthy Babies- 1-800-251-BABY (2229)
- www.ibconline.ca
- www.kellymom.com
- www.lactationtraining.com/resources/educational-materials/handouts-parents
Helpful Apps

1. LactMed
   - @NIH
   - Version 3.4
   - Looking for information on how drugs or dietary supplements can affect breastfeeding? LactMed has information about maternal and infant drug levels, possible effects on lactation and on breastfed infants, and alternative drugs or supplements to consider.

2. The Collective
   - Welcome
   - The Collective app helps moms prepare for a great start. Learn more about your baby and yourself, ask questions and build a team that supports you.

3. MommyMeds
   - Search by Drug Name
   - Search by Condition
   - Scan Product
   - About InfantRisk
   - Profile
   - Settings
Lifestyles
Return to Work/School
Meet your baby's needs swiftly, consistently, and gently. They won't remember what you did or didn't do at this stage, but they will always carry with them how it made them feel.

~L. R. Knost