



First Trimester Breastfeeding Education

BENEFITS OF BREASTFEEDING

BREASTFEEDING FOR BABY

The benefits of breastfeeding your baby include:

- **Give Your Baby the Best Start:** Breast milk offers the perfect blend of vitamins, protein, and fat for optimal growth.
- **Support Healthy Digestion:** Early colostrum aids in the development and function of your newborn's digestive system.
- **Gentle and Absorbable:** Breast milk is easier for babies to digest than formula.
- **Boost Immunity Naturally:** Antibodies in breast milk help your baby fight off infections and reduce the risk of ear, respiratory, and gastrointestinal issues, as well as allergies.
- **Reduce the Risk of SIDS:** Breastfeeding is associated with a lower incidence of Sudden Infant Death Syndrome.
- **Promote Long-Term Health:** Breastfeeding is linked to a decreased risk of your child developing asthma, obesity, diabetes, and leukemia.
- **Crucial for Premies:** Breast milk can significantly reduce the risk of health problems for babies born prematurely.

BREASTFEEDING FOR MOMMY

Here's how breastfeeding benefits you:

- **Faster Uterine Recovery:** The release of oxytocin during breastfeeding helps your uterus shrink back to its normal size more quickly.
- **Potential Weight Loss:** Breastfeeding can contribute to postpartum weight loss.
- **Reduced Cancer Risk:** Breastfeeding is linked to lower rates of breast and ovarian cancers.
- **Long-Term Health Advantages:** It may also reduce your risk of heart disease, osteoporosis, and rheumatoid arthritis.
- **Convenience and Savings:** Breastfeeding saves you both time and money.

BREASTFEEDING FOR SUCCESS

Here are some ways to help ensure a successful breastfeeding journey for both you and your baby:

- **Nourish Yourself Well:** Increase your daily calorie intake by an extra 400-500 to support milk production.
- **Stay Hydrated:** Drink plenty of fluids, aiming for a glass of water each time you breastfeed.
- **Be Mindful of Your Diet:** Observe if certain foods (like gas-producing, greasy, or spicy items) seem to upset your baby and adjust your intake accordingly.
- **Moderate Caffeine:** A moderate caffeine intake (around 200 mg/day) is generally acceptable.
- **Avoid Harmful Substances:** Refrain from smoking and using illegal drugs, as they can negatively impact both your and your baby's health.
- **Consult Your Healthcare Provider:** Always check with your doctor before taking any prescription or over-the-counter medications.
- **Prioritize Breast Milk:** Avoid supplementing with formula, milk, juice, or water unless specifically recommended by your healthcare provider, as this can reduce baby's interest in breastfeeding and lower your milk supply.
- **Establish Breastfeeding First:** Limit/avoid artificial nipples and pacifiers until breastfeeding is established. Routine use can decrease breastfeeding frequency, which in turn reduces milk supply. Pacifiers may be used sparingly for pain relief. After about 4 weeks, once breastfeeding is going well, you can use a pacifier at any time, and pacifier use at sleep times may help reduce the risk of SIDS.

EDUCATION CLASSES

Ready to learn more about breastfeeding and prepare for success? Schneck provides the following FREE classes and support:

- **Prenatal Class:** Get comprehensive information on prenatal care, labor, and delivery. Held one Saturday monthly.
- **Breastfeeding Class:** Equip yourself for a positive breastfeeding experience. Offered one evening each month.
- **Breastfeeding Support Group:** Connect with experts and other mothers for breastfeeding support every Wednesday from 9-11 AM.

We highly recommend that all expectant mothers and their partners attend our prenatal education classes.