

Education Classes

How can I get more information about breastfeeding my baby?

We encourage all pregnant women and their partners to attend prenatal education classes. Schneck Medical Center offers the following classes for FREE:

- **Prenatal Class:** this class covers all aspects of prenatal care, labor and delivery. Classes are offered one Saturday of each month
- **Breastfeeding Class:** this class helps prepare mothers for successful breastfeeding. Classes are offered one evening of each month
- **Breastfeeding Support Group:** this group provides expert and peer support to all breastfeeding mothers. Support Group is offered every Wednesday from 9-11 AM

You will receive more information regarding our prenatal education classes throughout your pregnancy.

First Trimester Breastfeeding Education



Benefits of Breastfeeding



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Breastfeeding for Baby

How does breastfeeding benefit my baby?

Breastfeeding benefits your baby in the following ways:

- Breast milk provides the perfect mix of vitamins, protein, and fat that your baby needs to grow
- The colostrum that your breasts make during the first few days after childbirth helps your newborn's digestive system grow and function
- Breast milk is easier to digest than formula
- Breast milk has antibodies that help your baby's immune system fight off viruses and bacteria's to decrease risk for ear infections, respiratory infections, gastrointestinal infections and allergies
- Breastfeeding decreases the risk of sudden infant death syndrome or SIDS
- Breastfeeding decreases the risk for your child developing asthma, obesity, diabetes and leukemia
- If your baby is born preterm, breast milk can help reduce the risk of many of the short and long term health problems that preterm babies can face

Breastfeeding for Mommy

How does breastfeeding my baby benefit me?

Breastfeeding is good for you for the following reasons:

- During breastfeeding, the hormone oxytocin is released. Oxytocin causes the uterus to contract and return to its normal size more quickly
- Breastfeeding may help with postpartum weight loss
- Women who breastfeed have lower rates of breast and ovarian cancers than do women who do not breastfeed
- Breastfeeding has been shown to reduce the risk of heart disease, osteoporosis and rheumatoid arthritis
- Breastfeeding saves time and money

Resource: The American College of Obstetricians and Gynecologists: FAQ029

Breastfeeding for Success

How can I ensure that breastfeeding is successful for both me and baby?

The following tips will provide you with useful resources for successful breastfeeding:

- Eat an extra 400-500 calories a day while breastfeeding
- Drink plenty of fluids. It is a good idea to drink a glass of water each time that you breastfeed
- Avoid foods that may upset baby's stomach such as gas producing, greasy and spicy foods
- Moderate caffeine intake should not affect your baby. Moderate caffeine intake is 200 mg/day
- Avoid smoking or using illegal drugs. Both are proven to harm you and your baby
- Always check with your healthcare provider before taking prescription or over the counter medications.
- Avoid supplementation with formula, milk, juice or water, unless medically indicated by your healthcare provider. These can make baby less content with breastfeeds and decrease your milk supply
- Avoid artificial nipples or pacifiers until breastfeeding is well established. Experts recommend limiting pacifier/artificial nipple use to only a few instances. Routine use will decrease the amount of time breastfeeding which reduces milk supply because frequent suckling at the empty breast is what signals the mother's body to produce more milk. You may only want to give a pacifier to help with pain relief. After about 4 weeks, when the baby is breastfeeding well, you can use a pacifier at any time. Pacifier use at nap or sleep times may help reduce the risk of SIDS.