

Lactation Assistance

How can I get help with breastfeeding?

You may need assistance from a lactation consultant if you have had any history of breast surgery, prior poor breastfeeding experience, or questions or concerns regarding breastfeeding or medical contraindications to breastfeeding.

- Schneck Medical Center has assistance for lactation support by highly trained staff nurses, certified lactation counselors and a board certified lactation consultant
- Breastfeeding Support Group: this group provides expert and peer support to all breastfeeding mothers. Support Group is offered every Wednesday from 9-11 AM
- Breastfeeding Class: this class helps prepare mothers for successful breastfeeding. Classes are offered one evening of each month

Third Trimester Breastfeeding Education



Benefits of Breastfeeding



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Skin to Skin Contact

How can I help my baby begin to breastfeed?

- Babies are born with a natural instinct to breastfeed. A healthy newborn is usually capable of breastfeeding within the first hour of life.
- Immediately after birth, your baby should be placed in direct skin to skin contact with you as soon as possible. The baby should be naked, except for diaper and hat, and placed tummy down on to the mother/father's bare chest/tummy. Baby's body is covered with blankets.
- The benefits of skin to skin contact are:
 - ⇒ More likely to latch on well
 - ⇒ Maintains his/her body temperature better even than in an incubator
 - ⇒ Maintains his/her heart rate, respiratory rate and blood pressure in normal ranges
 - ⇒ Has higher/stable blood sugar
 - ⇒ Is less likely to cry/calming and soothing to mother and baby
 - ⇒ Is more likely to breastfeed exclusively and breastfeed longer
 - ⇒ Will indicate to his/her mother when he/she is ready to feed

Breast Feeding Exclusively

How long should I breastfeed my baby?

The length of time that you breastfeed your baby is really up to you and your baby. The following are recommendations:

- Baby should be breastfed exclusively, no supplementation with food, water or formula for at least the first 6 months of life, unless medically necessary.
- Baby should continue to breastfeed for the first year and as long as is mutually desired by the mother and the baby.

The following are considered Risks of Supplementation:

- ⇒ May make baby less content with breastfeeds and decrease your milk supply
- ⇒ Routine use of artificial nipples/pacifiers 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.

Resources: The American College of Obstetricians and Gynecologists: FAQ029

American Academy of Pediatrics: Breastfeeding Initiative FAQs

Rooming In

How does rooming in benefit me and my baby?

The more two people spend time together, the sooner they get to know each other. Rooming in has the following benefits:

- Allows mother and baby to learn about each other
- Enhances maternal knowledge of baby's needs
- Enhances family bonding
- Makes breastfeeding easier
- Mother's may make more milk, make milk sooner and breastfeed longer
- Baby's cry less, soothe easier and spend more time in quiet sleep
- Baby's take in more milk, gain more weight per day and are less likely to become jaundice
- Mother and baby may sleep more quietly and peacefully when in close proximity