



Breastfeeding Tips

Benefits of Breastfeeding For Mothers

Protection from:

- Depression
- Heart Disease
- Diabetes
- High Blood Pressure
- Breast Cancer
- Ovarian Cancer

Benefits of Breastfeeding For Baby

Less Risk of:

- Stomach infections
- Lung or ear infections
- Leukemia
- Obesity
- Diabetes
- Sudden Infant Death Syndrome (SIDS)
- Allergies

Why is skin-to-skin contact good for me and my baby?

- It's good for bonding with my baby
- Helps get breastfeeding off to a good start
- Keeps my baby warm
- Calms me and my baby

Why should I feed my baby whenever he/she shows signs of being hungry?

- Helps my baby to be settled and content
- Helps prevent feeding complications
- Helps me to have a good milk supply
- Helps my baby get just the right amount to eat

What are the risks of giving anything other than breast milk when I'm breastfeeding?

- Makes my baby less content with breastfeeds
- Makes my baby more at risk of getting sick
- May lessen my milk supply

Why is "Rooming In" (keeping my baby in the same room with me after birth) good for me and my baby?

- Helps me to learn my baby's feeding cues
- Helps me to feed my baby on demand
- Helps me to learn how to care for my baby
- Helps my baby learn how to recognize me

Why is it important for my baby to be positioned and attached properly when breastfeeding?

- Helps my baby to get enough breast milk
- Helps me to have enough milk for my baby
- Helps prevent nipple discomfort



Have more question?
See a lactation consultant:
505-272-0480

