Discuss breastfeeding with your primary care provider(s).

Breastfeed your baby within the first hour of baby’s life.

Avoid traumatic procedures to baby before the first feeding (bath, eye drops, vitamin K shot, etc).

Room-in with baby 24 hours a day. YOU are your baby’s expert.

Be sure baby is properly positioned at the breast (correct latch). Ask for help!

Breastfeed or empty your breasts at least 8-12 times per 24 hours. This will help your milk to come in.

Try to avoid pacifiers, supplementation with water and/or formula. Colostrum is usually all your baby needs in the first few days of life.

Persistent sore nipples mean you need help with the latch.

Keep a breastfeeding log for the first week of your baby’s life (tracking how often you nurse and the baby’s wets and poops).

Follow-up within 2-5 days after birth to make sure that your milk is in and that the baby is getting it.

For additional information contact:
HealthPartners Como Lactation Center
651-641-3114
Regions Hospital Lactation Center
651-254-2380
Top Ten Reasons to Breastfeed your child

1. Decrease risk of ear infections by 23-50 percent.
2. Over 70 percent decreased risk of hospitalization for respiratory AND gastrointestinal (diarrheal) diseases.
3. Half the risk of SIDS.
4. Exclusive breastfeeding decreases the risk of urinary tract infections in babies and children.
5. Decrease risk of overweight/obesity by 7-24 percent.
6. 19-27 percent reduction in risk for Type 1 diabetes for infants breastfed for at least 3 months.
7. For infants breastfed at least 6 months, there is a 19 percent decreased risk for childhood leukemia.
8. For women who breastfeed for at least one year, there is a 28 percent reduction in risk for breast cancer AND ovarian cancer.
9. A woman’s risk of developing Type 2 diabetes decreases by 4-12 percent for every year she breastfeeds.
10. SAVE LOTS OF MONEY!!! – Both for you and for the health care system.

To purchase additional reference cards visit: breastfeedingbenefitsandsupport.com

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