

Breastfeeding

Why breastfeed?

From birth to six months, the healthiest form of nutrition for your baby is breast milk. Benefits of breast feeding for your baby include: improved immune function, improved development and cognitive function, fewer environmental and food allergies, fewer infections and illness, and fewer digestive problems.

What if I can't breastfeed or chose not to?

If breastfeeding doesn't work out or parents choose not to breastfeed, formula is recommended. The best choice when picking formula is a cow's milk-based formula because the quality of protein is slightly better than a soy formula. A few studies have suggested impaired development associated with soy formula. Please consult with your pediatrician if you have any questions about what to feed your baby.

What are some tips for first time breast feeders?

You will have an easier time breastfeeding if you can get started right when your baby is born. If you have trouble in the hospital breastfeeding talk to your nurse and/or ask to see a lactation specialist. Unless advised by your doctor in the hospital, try to avoid bottles, pacifiers, and formula. Try to feed your baby on demand meaning when they cry put them to your breast. Be patient with yourself and know that it can be very difficult to breastfeed especially in the first 3-5 days. Feed your baby both breasts every 2-3 hours and sooner if necessary. Try to use lanolin cream (Lansinoh nipple cream) and avoid harsh soap.

How can I increase or keep a good breastmilk supply?

Make sure to eat at least 500 extra calories per day, eat healthy nourishing foods, and take your prenatal vitamins. Either take Vitamin D3 6400 IU/day or give your baby Vitamin D3 400 IU/day. Make sure to hydrate well and drink lots of water and electrolyte drinks such as Pedialyte or dye free Gatorade. Avoid artificial sweeteners and food dyes if possible. Foods that may help with increasing supply include: nutritional yeast, oatmeal, and lactation cookies (recipes are online for this). As long as you do not have diabetes or asthma you can try a breastfeeding supplement such as Mother's Milk Tea or Motherlove More Milk Special Blend supplement.

Who can help me with breastfeeding or have a question about medication?

Your child's provider can help and we can offer you a list of lactation specialists in your area. We would love to help answer any questions and have resources for safety data for medication both prescription and over the counter that we can share with you.

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