Top 10 Breasftfeeding Tips

1 Prepare! Read, set up a support system, buy a few supplies: nursing bras, nursing pads. You will need less than you might think. Certainly less than people will want to sell you!

2 Get the baby latched on right! Know what to look for in a good latch. Make use of what resources you have to make sure you’ve got it right. Your midwife, doctor, nurse, or a lactation consultant can help.

3 Throw out the clock! Don’t try to implement a schedule. Instead, pay attention to your baby’s hunger cues. Let the baby choose how long to nurse on each side to be sure the baby gets the rich hind milk.

4 What goes in must come out. This is the easiest and best way to know that the baby gets enough milk.

5 Rest and take care of YOU. It’s easy to get wrapped up in newborn care and forget to care for yourself. Eat, get plenty of water, and rest as much as you can. You don’t need to be Superwoman!

6 Don’t hesitate to get help. Small problems can become big problems fast. If you need it, ask for help!

7 Avoid nipple confusion. Let the baby master breastfeeding before introducing other nipples. If you’re going to use them, wait two weeks for pacifier, 4-6 weeks for bottles.

8 Give yourself time to get it right. The learning curve can be steep, but it does improve! Don’t give up before you find the top. Set a personal goal, maybe a few weeks, and if it still isn’t working, reevaluate.

9 Understand the law of supply and demand. You will make milk based on how much milk is demanded. Supplementing with formula decreases demand, which decreases supply. It’s much harder to increase supply, so be cautious. Increased length of feedings or wanting to nurse more often are signs of a growth spurt. Watch out for the big growth spurt around 6 weeks, as the formula companies will try and push formula at you around then, too!

10 Relax and enjoy your baby! Unless there are issues with your baby’s growth, don’t get caught up in recording the details of every single feeding, weighing diapers, etc. Take time daily to interact and play with your baby when you’re not breastfeeding.
BREASTFEEDING COMMUNITY RESOURCES

PUMP RENTALS
BREASTFEEDING SUPPLIES

Alpine Home Medical
4030 S. State Street
Salt Lake City, UT 84107
801-463-0044

Apria Healthcare
1555 West 2200 South
Salt Lake City, UT 84119
801-972-5353

Care Contrix - Cigna
1-800-666-6127

Deseret Medical
560 West Fine Drive
Salt Lake City, UT 84415
801-270-8440

Lactation Plus
801-281-1881
www.lactationplus.com

Lactation Station
3142 South Highland Drive
Salt Lake City, UT 84106
801-467-3434
www.lactationstation.com

Lactation Consultants

St. Mark's Lactation
801-743-6616

Julie Johnson, IBCLC
801-580-4419
birthandbreastfeedingsolutions.com

Motherfed, LLC
801-580-4419
motherfed.net

Meghan Reed, MS, RD, CD, IBCLC
www.meghanslactationcounseling.com

Lactation Plus
801-281-1881
www.lactationplus.com

Lactation Station
3142 South Highland Drive
Salt Lake City, UT 84106
801-467-3434
www.lactationstation.com

OTHER LOCAL BREASTFEEDING RESOURCES

La Leche League of Utah
http://www.lllutah.org/

Utah Breastfeeding Coalition
www.utahbreastfeeding.org

WIC Clinics

St. Mark’s Hospital does not endorse or recommend these businesses

St. Mark’s Hospital
stmarkshospital.com
BREASTFEEDING INFORMATION WEBSITES

Breastfeeding Help & Support
Choosing a Baby-Friendly Birthing Facility – www.babyfriendlyusa.org/
Find a Lactation Consultant – www.ilca.org/i4a/pages/index.cfm?pageid=3337
International Breastfeeding Centre – www.drjacknewman.com/
Kellymom Breastfeeding & Parenting – www.kellymom.com/
Texas WIC Program – www.breastmilkcounts.com/
www.womenshealth.gov/breastfeeding

Medications & Other Exposures
Pregnancy RiskLine, Utah Department of Health – http://mothertobabyut.org/ or 801-328-2229
Texas Tech University Health Science3s Center (Dr. Hale) – www.infantrisk.com/

Other Breastfeeding Topics
Adoptive Breastfeeding – www.fourfriends.com/abrw/
Biological Nurturing – http://www.biologicalnurturing.com/
Breastfeeding after Reduction – www.bfar.org
Breastfeeding and Working – www.workandpump.com/
Donor Milk – www.humbana.org
Low Milk Supply – www.lowmilksupply.org/

Useful Apps for Breastfeeding
http://earlybirdsoftware.com/milkmaid/