



PREPARING TO BREASTFEED

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CONGRATULATIONS

Congratulations on your new pregnancy and making the decision to breastfeed your baby. When you decide to breastfeed, you give your baby a healthy start that lasts a lifetime.

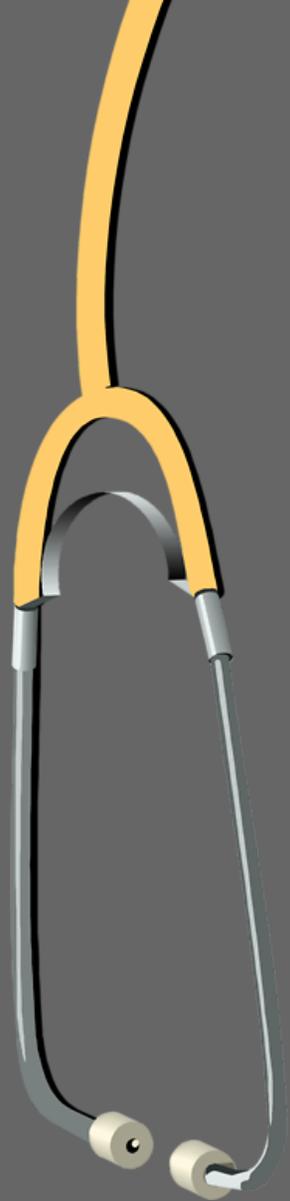
One of the most common questions received from new mothers is "How do I prepare to breastfeed?"

Learning all you can **BEFORE** you give birth can tremendously help when it comes time to breastfeed your baby.

Here are a few tips to prepare you for your journey.

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GET PRENATAL CARE

- Early prenatal care from a midwife or doctor can help to reduce the chance of a premature birth and can identify health problems that may be challenging temporarily for breastfeeding
- Ask if the delivery room has a room-in option and if there will be staff to support your breastfeeding initiation.

BREAST HEALTH



- Let your IBCLC know of your breast health such as inverted or flat nipples, trauma, augmentation, cancer, pain or even the size of your breasts so the two of you can develop a plan to breastfeed through these challenges.
- If you are an adoptive mother it is important to reach out to an IBC:C several months in advance to begin the process of inducing lactation.

FIND IBCLC SUPPORT



- You can ask your doctor or midwife for a referral of a local lactation consultant and before your baby arrives to establish a relationship in case they are needed at the hospital.
- Your baby will need support during their breast/chest duration journey and finding a pediatrician that is also an IBCLC will complement your breastfeeding duration.

PRENATAL EDUCATION



**BREASTFEEDING
101**

- Pregnant women who take prenatal breastfeeding education classes are more likely to breastfeed than those who do not.
- Breastfeeding education allows families to ask about questions or concerns before baby's arrival.
- You will learn techniques such as positioning, latching, milk supply and challenges that may occur.

YOU ARE ENOUGH



- Be sure to include in your birth plan that you will be breastfeeding.
- Make signs to hang on your door that you do not want artificial nipples, pacifiers, sugar water or formula unless medically necessary prescribed by pediatrician and approved by you for rotation of staff.
- If supplementation is needed; ask to use a syringe or cup to prevent nipple preference.

FIND BREAST FRIENDS



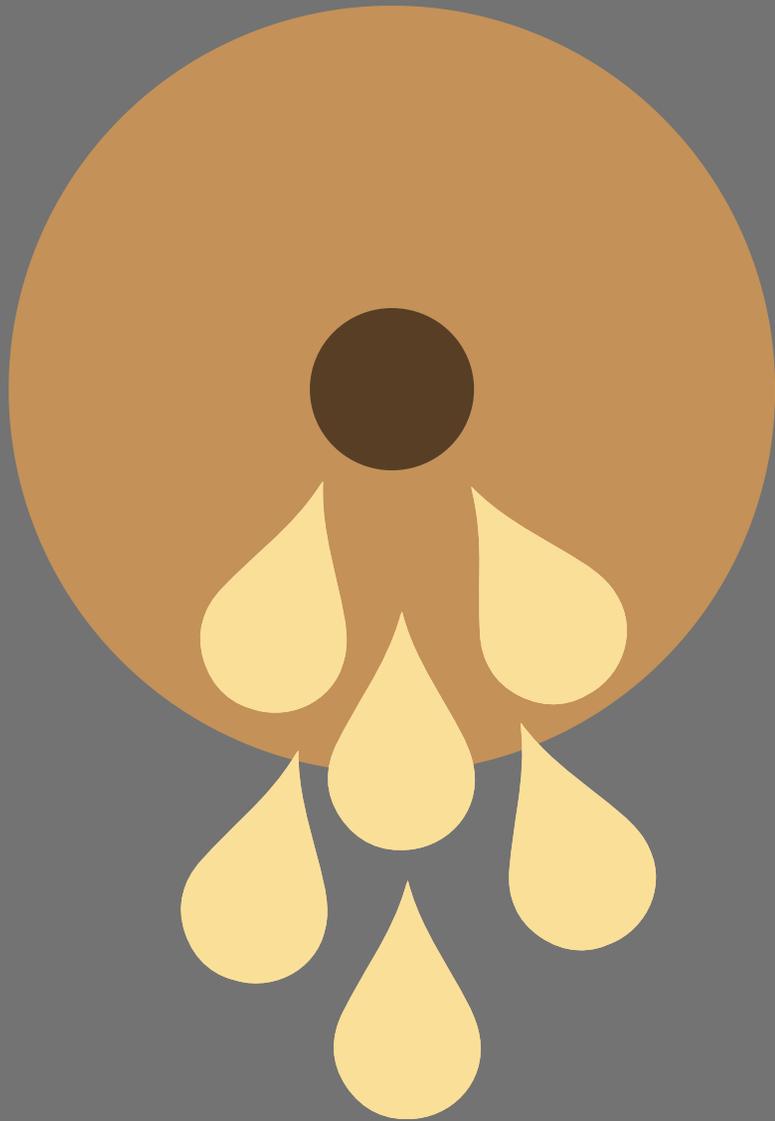
- Find a local or online breast/chest feeding circle of breastfeeding mothers to answer questions along the way.
- Face to face groups build community, provide safe spaces for uncomfortable questions, have live examples of nursing help to increase breastfeed duration.

STOCK UP ON SUPPLIES



- Purchasing nursing bras, nursing pads, nipple balm, easy access for skin to skin pajamas, gel pads.
- Buy/rent a manual/hospital grade breast pump if you are exclusively pumping, planning to be away from baby from work or school.
- Some mothers buy nursing pillows, rocking chairs, sling, etc. but you and your can do fine without any of the items aforementioned.

CATCH THAT MILK



- Your body will begin to make and sometimes leak a yellowish, thick and sticky milk called colostrum aka "Liquid Gold" around your 2nd trimester of pregnancy .
- With permission from your provider you can begin 'colostrum harvesting" with syringes to collect and store your milk around 38 weeks.
- Colostrum is a super food for a baby potent in vitamins, minerals, fats and proteins to strengthen baby's immune system.