

HAVE YOU THOUGHT ABOUT HOW YOU WILL FEED YOUR BABY?

1

KEEP AN OPEN MIND



Breastfeeding is the normal way to feed human babies

Any amount of breastmilk is of great value

Human milk and formula are not the same

Formula provides necessary nutrition when human milk is not available



2

WHAT IS IT THAT YOU WANT?

For your baby
For yourself
For your family

Tell your family and your care providers!

3

MAKE YOUR WISH LIST

Connect with Baby
Understand what they need
Respond to cues
Adjust to parenting

4

FIND CONNECTIONS

Prenatal Classes - in person if possible or a reputable on-line course

Peer support groups - find one near you - they really are great

Baby care classes

Key contacts: Public Health help-line
Breastfeeding Support
Emergency contacts



MAKE AN INFORMED DECISION

- Get all the information needed to make this decision
- Find out where to get reliable answers for any questions or concerns
- Identify your people to help

5



USE YOUR B.R.A.I.N

Consider....

- the **B**enefits
- the **R**isks
- the **A**lternatives
- what is your heart/gut/**I**ntuition telling you?
- what if you do **N**othing or need to think about it some more?

6

BREASTFEEDING

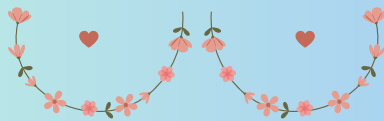
Take these steps to reach your goals..

BECOME 'BREAST FRIENDS' PRENATALLY

Understand how breasts work.

Review and practice hand expression.

Learn about the importance of Skin-to-skin contact



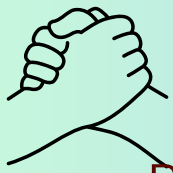
TAKE A CLASS PARENTING/BREASTFEEDING

Conduct your research about breastmilk/feeding



Find more about babies from reliable sources.
Ask questions.

IDENTIFY YOUR SUPPORT TEAM



Family Support person

Breastfeeding support person/s

Professional support in case you need it

START EARLY: DROPS COUNT

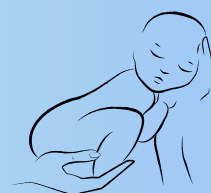
Work hard in the first 2 weeks to **build** milk production = more **options** available later



FEED/EXPRESS FREQUENTLY

- Always breast/breastmilk first
- Small frequent feeds (appropriate volumes of supplement if needed)
- 8 or more / 24hours for the first few weeks

FEED EFFECTIVELY



- Baby wakes for feeds - early feeding cues
- Position yourself comfortably so Baby can latch
- Express milk if baby needs some extra
- Look for signs that baby is getting enough milk
 - yellow frequent stools and several wet diapers a day by the end of the first week.

Baby regains birthweight by around the end of week 2

Resources

- Breastfeeding Peer Support, prenatal breastfeeding class and an amazing website full of resources
www.breastfeedingbuddies.com
- Stanford University Breastfeeding- great videos & other resources www.Firstdroplets.com
- Breastfeeding / infant feeding information
www.perinatalervicesbc.ca/health-info/newborn-care/breastfeeding-or-chestfeeding
- Find a Lactation Consultant
<https://www.clca-accl.ca/>
- Find a Dietician in Canada (by specialty)
https://members.dietitians.ca/Web/Web/Membership/Directory/Find_a_Dietitian_Directory.aspx
- News-and-Research UNICEF UK
www.unicef.org.uk/babyfriendly/news-and-research/baby-friendly-research/infant-health-research/
- Nutrition for healthy term infants:
Recommendations from birth to six months
www.canada.ca/en/health-canada



your contacts

write in your numbers

- Local Public Health Help-Line
- Family health care provider
- The nearest emergency and walk-in clinic
- Breastfeeding Support