

Healthy Mothers Healthy Babies

Breastfeeding

“Breastfeeding is a Gift that Lasts a Lifetime”



HEALTHY
MOTHERS
HEALTHY
B·A·B·I·E·S
COALITION OF HAWAII

*With you
every step of the way –
before, during and
after pregnancy.*

Why Breastfeeding is Best

Benefits for You:

Breastfeeding will help you get into shape faster, it helps your uterus shrink back to its pre-pregnancy state and prevents excessive bleeding after birth. Breastfeeding also reduces your risk of developing breast and ovarian cancer, and helps prevent osteoporosis and hip fracture later in life.

Benefits for Baby:

Breast milk gives your baby protection against diseases and will decrease their chances of developing earaches, colds and allergies, and helps protect against SIDS (crib deaths). Your baby can digest breast milk better than formula, so breastfed babies have less constipation and diarrhea than babies given formula. Breastfed babies also have less speech problems and straighter teeth.

Risks of NOT Breastfeeding:

Infants who are not breastfed are 10-15% more likely to be hospitalized before their first birthday, and have higher risks of childhood obesity, type 1 and type 2 diabetes, leukemia, and sudden infant death syndrome. Mothers who do not breastfeed are at increased risk for breast cancer, ovarian cancer, type 2 diabetes, heart attack, and the metabolic syndrome.

Getting Started with Breastfeeding

Getting your Baby to Latch



Lean your baby's head back and bring him to your breast.
With his head tipped back, touch your nipple to his lips.



When your baby's lips touch your nipple, he will open his mouth.
Move him to your breast, aiming his bottom lip as far away from the base of your nipple as you can so he takes a big mouthful of breast.



Once your baby latches properly, your nipple will be at the back of his mouth. A proper latch should be painless because your nipple is so far back it will not get pinched by your baby's tongue.

Visit www.hmhb-hawaii.org and go to the Directory page to find resources to answer to all of your questions for before, during and after pregnancy. Easily search by island and by category!

Breastfeeding Positions



Football Hold

Useful for large breasts or after a C-section. Hold your baby at your side, lying on her back with her head at the level of your nipple. Support your baby's head with the palm of your hand at the base of her head.



Cradle Hold

Hold your baby with her arm on your forearm and her whole body facing yours.



Side-lying

Useful after a C-section or when tired. Lie on your side with your baby facing you. Pull your baby close so her body faces yours.



Saddle Hold

Best for babies who can sit up. It also works well if your baby has a runny nose or a sore ear.



Laid Back Nursing

Recline to a comfortable position and place your baby on your stomach with her head on your breast.

Breastfeeding

Questions & Answers

How can I tell if my baby is getting enough to eat?

Six to eight wet diapers and two to five bowel movements in 24 hours (for a baby under six weeks old) means the baby is getting enough to eat.

Can I breastfeed if I go back to school or work?

Yes. Many moms continue to breastfeed while going back to school or work. Your employer is required by law to provide a reasonable break time and a private non-bathroom place for nursing mothers to express breastmilk during the workday, for one year after your child's birth.

Can I breastfeed if I am sick?

Yes, you can keep breastfeeding even if you are sick.

Does breastfeeding hurt?

Breastfeeding should NOT hurt. When your baby is getting milk, you feel a tug. If you do get sore or have pain, something needs to change. You may need to change the position or teach the baby a better way to get on the breast. If you experience pain while breastfeeding, call your doctor or a lactation consultant for help.

Will breastfeeding make my breasts sag?

No. Breastfeeding will not make your breasts sag. Breastfeeding alone has no impact on a woman's breast shape.

Where can I go for breastfeeding information and support?

Phone Consultations and Support: call Hawaii Mothers' Milk (M-F 9 a.m. to 2 p.m.) at (808) 949-1723 or Kapiolani Medical Center at (808) 983-6007. **Online resources and information:** visit HMHB's website at www.hmhb-hawaii.org or Breastfeeding Hawaii at www.breastfeedinghawaii.org.

Healthy Mothers Healthy Babies Coalition of Hawai'i



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