

## Local Breastfeeding Resources

- ♥ **Doctor**
- ♥ **Midwife**
- ♥ **Nurse Practitioner**
- ♥ **Lactation Consultant**
- ♥ **La Leche League**
- ♥ **Local WIC Office**

### **Community Action Program Belknap & Merrimack Counties**

(Belknap, Merrimack, Coos and Grafton counties)

1-800-578-2050

### **Goodwin Community Health**

(Carroll and Strafford counties)

1-855-332-4358

### **Southern New Hampshire Services**

(Hillsborough and Rockingham counties)

Manchester 1-800-256-9880

Nashua 1-800-256-9880

Derry 1-855-295-4105

Raymond 1-800-974-2303

### **Southwestern Community Services**

(Cheshire and Sullivan counties)

1-800-529-0005

- ♥ **Hospital Maternity Unit**

- ♥ **VNA**

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## NH Breastfeeding Task Force Statement

The NH Breastfeeding Task Force encourages breastfeeding because:

- ♥ Breastmilk provides an ideal balance of nutrients for the human infant.

- ♥ The nutrients in breastmilk are easily absorbed and digested.

- ♥ Breastmilk contains immune factors and anti-infective properties.

- ♥ Breastfed infants have fewer allergies.

- ♥ Breastfeeding allows infants to regulate their intake.

- ♥ Breastfeeding promotes bonding between mother and infant.

The Healthy People 2030 breastfeeding goals are: 42.4% increase the proportion of infants who are breastfed exclusively through 6 months of age, 54.1% increase the proportion of infants who are breastfed at 1 year.

To reach these goals and work towards achieving the steps in the Surgeon General's Call To Action to Support Breastfeeding, we support the following strategies:

- ♥ Inform expectant parents of the advantages of breastfeeding and the risks of formula feeding.

- ♥ Provide expectant mothers with information on how to prepare for, initiate and maintain lactation.

- ♥ Encourage practices that support breastfeeding in all sectors of the healthcare system.

- ♥ Increase public awareness of the benefits of breastfeeding and the risks of formula feeding.

- ♥ Institute policies in work sites that create a breastfeeding friendly environment.

- ♥ Keep health professionals informed of available breastfeeding services and information.

# A Guide for Breastfeeding in the Early Weeks for the Full Term Infant



## Breastfeeding: The gift that lasts a lifetime.

Developed by the New Hampshire  
Department of Health and Human Services  
Division of Public Health Services  
WIC Nutrition Program

and  
New Hampshire Breastfeeding Task Force



## Breastfeeding is going well when...

♥Your newborn baby nurses frequently, every 1-3 hours, about 8-12 times in a 24-hour period.

♥You hear your baby swallowing milk.

♥Your baby passes at least 1-2 black, sticky stools in the first day or two. AFTER your milk comes in, your baby will have 3-4 or more yellow seedy loose stools (about the size of a quarter) per day.

♥Your baby has at least 1-2 wet diapers a day for the first few days, and has at least 5-6 wet diapers AFTER your milk comes in.

♥Your baby is content between feedings.

♥You and your baby are comfortable throughout the feeding.

♥Your baby regains his or her birth weight by 2 weeks of age.



Some babies may nurse more or less frequently than others. Babies will want to nurse more frequently during growth spurts. Growth spurts may occur at 5-7 days, 2-3 weeks and 4-6 weeks old.



**Call for help and support if you observe any of the following in your baby or yourself:**

### BABY

☎Your baby will not breastfeed for 2 feedings in a row.

☎Your baby is breastfeeding less than 7 times in a 24-hour period.

☎Your baby has fewer than 5-6 wet diapers AFTER your milk comes in.

☎Your baby's stools have not become yellow, seedy, and loose AFTER your milk comes in.

☎Your baby is not content between feedings.

☎You don't hear your baby swallowing milk during the feeding.

### MOTHER

☎Your breasts have not changed in fullness or size by 5 days after birth.

☎You have sore or cracked nipples.

☎It hurts to breastfeed your baby.

☎You are thinking about stopping breastfeeding.

☎You are thinking about introducing formula.

☎You have to return to work/school but want to continue breastfeeding.

☎You want to rent or buy a breast pump.

☎You have a sore or red area on your breast with or without flu-like symptoms.

☎You have questions about taking medications while breastfeeding.

**☎If you have any questions or concerns.**

