

LOCAL BREASTFEEDING RESOURCES

- ♥ Doctor/Midwife/Nurse Practitioner –

- ♥ Lactation Consultant –

- ♥ La Leche League –

- ♥ Local WIC Office –

- ♥ VNA –

- ♥ Childbirth Instructor –

- ♥ Hospital Maternity Unit –

- ♥ Other –

NH BREASTFEEDING TASK FORCE STATEMENT

For the children of New Hampshire to be healthy and strong, they must receive the best possible nutrition when they are infants. The New Hampshire 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 own food intake.
- ♥ Breastfeeding completes the natural reproductive cycle of the mother by promoting involution of the uterus.
- ♥ Breastfeeding promotes bonding between mother and infant.

The N.H. Breastfeeding Task Force is striving to meet the national objectives for breastfeeding prevalence and duration as outlined by the U.S. Department of Health and Human Services in the **Healthy People 2010: National Health Promotion and Disease Report**. To achieve these objectives, N.H. should have 75% of its infants breastfed at hospital discharge and 50% of those infants still being breastfed at six months and 25% of those infants breastfed until one year of age. In order to reach these goals, we support the following strategies:

- ♥ Inform expectant parents of the advantages of breastfeeding to both mother and infant.
- ♥ Provide expectant mothers with information on how to prepare for, initiate and maintain lactation.
- ♥ Encourage practices that support breastfeeding in all sectors of the health care system.
- ♥ Institute policies in work sites that create an environment fostering success in breastfeeding.
- ♥ Increase public awareness of the benefits of breastfeeding.
- ♥ Increase community services that support breastfeeding.
- ♥ Keep health professionals informed of available breastfeeding services and information in the state.

A Guide For Breastfeeding In The Early Weeks For The Full Term Infant



Photo by Mary Jane Chase, RNC, MN, IBCLC

Developed by the
N.H. Dept. of Health and Human Services
Division of Public Health Services
Nutrition and Health Promotion Section
and the
N.H. 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.
- ♥ 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 (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 birthweight by 2 weeks of age.



Please remember that mothers and babies are different. Some babies may want to nurse more frequently than others. Babies may also want to nurse more frequently during growth spurts. Growth spurts may occur at 5-7 days, 2-3 weeks and 4-6 weeks.



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

BABY:

- ☎ Your baby will not breastfeed for two feedings in a row.
- ☎ Your baby is breastfeeding less than 7 times in a 24-hour period.
- ☎ Your baby has less 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 during the feeding.

MOTHER:

- ☎ Your breasts have not changed in fullness or size by 5 days after birth.
- ☎ You have sore nipples.
- ☎ It hurts to breastfeed your baby.
- ☎ You're thinking about stopping nursing.
- ☎ You wonder if you need to feed your baby anything other than breastmilk.
- ☎ You have questions or concerns about how things are going.
- ☎ You have questions about breastfeeding and returning to work, or 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 medication while breastfeeding.