

Local Breastfeeding Resources

♥ Doctor/ Midwife/Nurse Practitioner

♥ Lactation Consultant

♥ La Leche League

♥ Local WIC Office

Community Action Program (Belknap, Coos, Grafton & Merrimack Counties)
1-800-578-2050

Goodwin Community Health
1-855-332-4358

Rockingham Community Action
1-800-256-9880

Southern New Hampshire Services
1-800-322-1073

Southwestern Community Services
1-800-529-0005

♥ VNA

♥ Childbirth Instructor

♥ Hospital Maternity Unit

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 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.

New Hampshire met the Healthy People 2010 Goals and is now striving to meet the national objectives for breastfeeding initiation, duration and exclusivity in the HP 2020 Goals.

The HP 2020 breastfeeding goals are: 82% of infants initiate breastfeeding after birth, 61% still breastfeeding at 6 months old, 34% breastfeeding until 1 year of age, 46% breastfeeding exclusively at 3 months and 25% breastfeeding exclusively at 6 months.

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 the
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 concerns or questions.
- ☎ 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.

