

# Breastfeeding Basics



## Benefits of breastfeeding:

### + Good for baby

- Lowers risk of developing allergies, asthma, pneumonia, ear infections, diarrhea, gastrointestinal illness, diabetes, obesity, some childhood cancers and sudden infant death syndrome (SIDS)

### + Good for mom

- Lowers risk for type II diabetes, osteoporosis, certain breast and ovarian cancers and cardiovascular disease

## Importance of skin-to-skin contact:

- + Is good for bonding with your baby
- + Gets breastfeeding off to a good start
- + Keeps baby warm
- + Calms you and your baby

## Benefits of rooming in (keeping baby in your room throughout your hospital stay):

- + Learning your baby's feeding cues
- + Baby being fed early and often
- + Learning to care for your baby
- + Baby learning to recognize you

## Importance of feeding baby whenever baby shows hunger signs:

- + Keeps baby calm and content
- + Prevents breastfeeding problems
- + Helps you maintain a good milk supply
- + Helps your baby get just the right amount to eat

## Benefits of proper breastfeeding latch:

- + Helps baby gets enough breastmilk
- + Helps you produce enough milk
- + Prevents nipple pain and damage

## Risks of giving baby anything other than breastmilk:

- + Baby being less content with breastfeeds
- + Baby getting sick more frequently
- + Your milk supply being reduced

## Signs baby is hungry:

- + Increased movement
- + Sucking hands, tongue or fingers
- + Rooting (opens mouth and turns head)
- + Putting hands to mouth
- + Nuzzling into the breast
- + **Crying is a late sign of hunger**

**Questions? Ask a lactation consultant for free!**

Call 912-466-3184

In the hospital: Ask your nurse to page the lactation consultant.



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