Breastfeeding — Getting Off to a Good Start

The American Academy of Pediatrics and the World Health Organization recommend feeding your baby only breastmilk for the first 6 months, then gradually starting solid foods and continuing with breastfeeding for at least 1 year or longer.

If you have a full-term, healthy baby that is breastfeeding well, there is usually no need to give supplemental formula. By exclusively breastfeeding or providing only expressed breastmilk, you:

- Provide the best nutrition for your baby at each feeding.
- Allow your baby to learn how to latch and breastfeed well.
- Help establish a full milk supply to feed your baby.
- Decrease painful breast engorgement.
- Support your baby's immune system.
- Decrease your baby's risk of developing allergies.

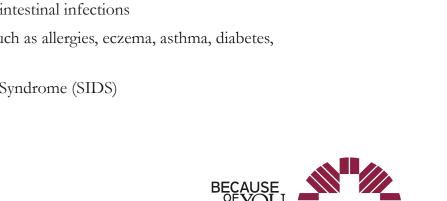
Direct breastmilk feedings from the mother's breast are always preferred to any artificial source or substance.

Babies who are only fed breastmilk have a lower risk of having certain health problems. These include:

- Reduced risk for respiratory and gastrointestinal infections
- Reduced risk of autoimmune disease such as allergies, eczema, asthma, diabetes, and inflammatory bowel
- Reduced risk for Sudden Infant Death Syndrome (SIDS)

(American Academy of Pediatrics, 2012)



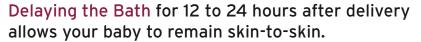


MOUNT CARMEL

As you plan for your delivery and hospital stay, know that Mount Carmel has baby friendly practices to help both you and your baby get off to the best start.

Skin-to-Skin or Kangaroo Care means holding your baby dressed only in a diaper on your bare chest immediately after birth and as much as possible in the early days after birth.

- Calms and soothes your baby
- Helps your baby regulate a healthy body temperature
- Helps regulate your baby's heart rate, blood sugar and breathing
- Helps your baby learn to breastfeed
- Can improve your ability to make breastmilk



- Reserves your baby's energy
- Helps your baby maintain normal body temperature
- Keeps your baby's stress hormones low and blood sugars normal
- Keeps a natural skin protectant on baby at birth that provides protection from infection
- Helps get breastfeeding off to a good start

Rooming In allows for your baby to stay in your room during your entire stay.

- Helps your baby cry less and be soothed more quickly
- Helps regulate heart rate, body temperature and sleep cycle
- Helps you to know when your baby is hungry
- Helps you sleep more soundly knowing your baby is in the room
- · Brings breastmilk in more quickly and in higher amounts



