Congratulations

ON
EXPECTING A
NEW BABY!

BREASTFEEDING TIPS

to help prepare for your new arrival.

Visit the doctor early & often.

Babies born early have more difficulty breastfeeding. Meet regularly with your doctor to have a healthy, full term pregnancy.

Tell your doctor and employer your plan to breastfeed.

Find support early by discussing your plans with your doctor and your employer. Your doctor can schedule hospital support, refer you to a lactation consultant and discuss plans if you're taking daily medication. Discussing during pregnancy will give your employer time to make arrangements if needed and will ease your mind to have a plan in place before you return to work.

Take breastfeeding classes.

See resources on back for more information.

Find a support group.

Breastfeeding can be difficult, but is easier when you have support from other breastfeeding moms. Reach out to supportive family, friends and local groups to help you breastfeed successfully.

#1 reason moms stop breastfeeding is because they don't feel they are producing enough milk.

59% Asian/Pacific Islander, **52%** White,
48% Hispanic, **45%** Native American, and
36% African American moms (2010-2012 Nebraska PRAMS data).

Before you stop breastfeeding -

- Call your doctor or lactation consultant.
- Reach out to mothers that have experience with breastfeeding.
- Join a breastfeeding group. Check local hospitals or WIC offices for classes.

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Breastfeeding can be challenging after returning to work and/or school. Breastfeeding rates decline as babies get older and moms go back to their regular routine. **Almost 75%** of NE moms still breastfeeding **at 4 weeks** and **only 54% at 13 weeks** (2010-2012 Nebraska PRAMS data). ***Discussing plans with daycare, work and/or school during pregnancy can result in breastfeeding longer.***

Mom's Dr.	Office Address	Phone #
_____	_____	_____
Baby's Dr.	**Office Address**	**Phone #**
_____	_____	_____
Lactation Consultant	**Office Address**	**Phone #**
_____	_____	_____
Support Group	**Office Address**	**Phone #**
_____	_____	_____
Breastfeeding Classes	**Office Address**	**Phone #**
_____	_____	_____
_____	_____	_____
Breastfeeding Buddies	**Phone #**	
_____	_____	
_____	_____	

Resources

- La Leche League of Nebraska **lllofne.org/**
- Milkworks **milkworks.org/**
- Maternal and Infant Health/Breastfeeding **dhhs.ne.gov/publichealth/MCAH/Pages/BreastfeedingBenefits.aspx**
- Nebraska Breastfeeding Coalition **nebreastfeeding.org/**
- Native Mothering **nativemothering.com/**

Department of Health & Human Services
DHHS
NEBRASKA

Nebraska Pregnancy Risk Assessment Monitoring System (**PRAMS**)
dhhs.ne.gov/prams

PRAMS
THE BEST SOURCE OF DATA ON MOTHERS AND BABIES

August 2015

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