

# Congratulations

ON  
EXPECTING A  
NEW BABY!

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## 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 breastfeed **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.***

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

- La Leche League of Nebraska [llofne.org/](http://llofne.org/)
- Milkworks [milkworks.org/](http://milkworks.org/)
- Maternal and Infant Health/Breastfeeding: [dhhs.ne.gov/breastfeeding](http://dhhs.ne.gov/breastfeeding)
- Nebraska Breastfeeding Coalition [nebreastfeeding.org/](http://nebreastfeeding.org/)
- Native Mothering [nativemothering.com/](http://nativemothering.com/)

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- Nebraska Breastfeeding Coalition [nebreastfeeding.org/](http://nebreastfeeding.org/)
- Native Mothering [nativemothering.com/](http://nativemothering.com/)



Nebraska Pregnancy Risk Assessment Monitoring System (PRAMS) [dhhs.ne.gov/prams](http://dhhs.ne.gov/prams)



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