

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 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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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 #	

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Resources

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

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



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