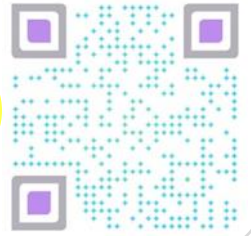




for Hamilton County
and Surrounding Areas

Find more at
www.swohio-bc.org
or scan



Breastfeeding... You Got This!

Breastfeeding is going well when...

- Your baby feeds 8-12 times per day and night (the clock is only a guide- watch your baby!)
- At the beginning of a feed, your baby swallows with every suck, quickly in a row.
- You may notice
 - Feeling drowsy or relaxed, and thirsty during the feed
 - Uterine cramping during or after feeds for the first several days
 - Your breast(s) feels soft afterward

This 6 minute video “Is your baby getting enough milk?” shows how to tell if your baby is breastfeeding well-

tiny.cc/goodfeeding



- Your baby's suck feel like a pull, not painful like a pinch or bite
 - Nipples are not cracked or bleeding
 - Teach your baby how to make breastfeeding easy with a good latch.

This 10 minute video shows how to get a latch that makes feeding easy for your baby and comfortable for you-

tiny.cc/goodlatch



Call for breastfeeding help if your baby...

- Has a dry mouth inside
- Not enough wet or dirty diapers- see swohio-bc.org/feeding-your-baby
- Stools are not yellow and seedy by day 5
- Yellowish skin or whites of eyes (jaundice)
- Does not wake to eat at least 8 times over a day and night
- Is fussy and can't be calmed, restless, or sleepy and can't feed
- Is losing weight after day 5 or is under birth weight at 2 weeks

Or if your...

- Nipples are painful during feeds, cracked, or bleeding
- Breasts are not definitely feeling more full by day 4
- Breasts still feel mostly full after breastfeeding

Always call your baby's doctor if you are worried about feeding.

Where can I find more information on breastfeeding?

Videos

“Baby’s First Meal”

tiny.cc/firstfeed

Hand Expression

tiny.cc/handexpress

Make a pumping bra

tiny.cc/pumpingbra

Relaxed breastfeeding hold

tiny.cc/laidbackfeed

Trusted Sites

Cincinnati Children’s

cincinnatichildrens.org/bf-resources

It’s Only Natural

womenshealth.gov/itsonlynatural

WIC

wicbreastfeeding.fns.usda.gov

Breastfeeding ebook- free

tiny.cc/bfbook

Free phone advice

**Ohio Department of Health
Breastfeeding Hotline**

888-588-3423 -Available 24/7

Office on Women’s Health

800-994-9662

Your Birth Hospital

swohio-bc.org/hospital-support

Your local [WIC office](#)

Need a Breast pump? Call your insurance company or a breast pump provider. Find a listing here- swohio-bc.org/breast-pumps

Local Hospital Lactation Consultants- All area hospitals have a line for breastfeeding questions. The majority offer breastfeeding classes and support groups. All offer outpatient appointments. Find more information at- swohio-bc.org/hospital-support

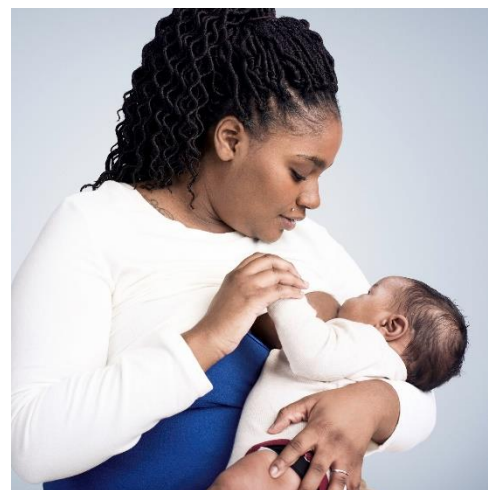
Local Mom-to-Mom breastfeeding support- Mom to mom support is proven to help moms reach their breastfeeding goals. There are many in our area, some of which hold virtual meetings. Find one here- swohio-bc.org/momgroups

WIC breastfeeding support- moms who are enrolled in WIC get many benefits, including support for breastfeeding. There are many resources available even if mom is not signed up. [Website](#) is above.

Your breastfeeding rights- There are state and federal laws protecting breastfeeding parents. Learn more here- swohio-bc.org/breastfeeding-rights

Local private practice lactation professionals- You may want to ask your pediatrician for referrals based on your specific needs. You can find more information on availability in our area here- swohio-bc.org/LCs

Local Home Visit Programs- These organizations offer so much for parents, including breastfeeding support. Learn what is in our area here- swohio-bc.org/hvp



Remember- breastfeeding, latch, and milk production changes as you and your baby continue and learn each other. Give yourself time to become an expert and reach out whenever you need to!