

Breastfeeding

Slocum-Dickson would like to share some information to help improve the health of mothers and their children through breastfeeding

Babies Benefit from Breastfeeding

- Breast milk provides the perfect mix of vitamins, protein, and fat that your baby needs to grow.
- The colostrum that your breasts make during the first few days after childbirth helps your newborn's digestive system grow and function.
- Breast milk has antibodies that help your baby's immune system fight off viruses and bacteria.
- For most babies, breast milk is easier to digest than formula, and causes less issues with gas and constipation.
- If your baby is born preterm, breast milk can help reduce the risk of many of the short-term and long-term health problems that preterm babies face.

Mothers Benefit from Breastfeeding

- During breastfeeding, the hormone oxytocin is released. Oxytocin causes the uterus to contract and return to its normal size more quickly, and it helps your mood!
- Breastfeeding may help with postpartum weight loss.
- Women who breastfed have lower rates of breast cancer and ovarian cancer than women who do not breastfeed. It also has been shown to reduce the risk of heart disease and rheumatoid arthritis.
- Breastfeeding saves time and money, and creates less waste.

3 Breastfeeding Tips from Slocum- Dickson Pediatrician, Dr. Taryn Rio:

1. Read about breastfeeding or take a class before your baby is born. Being informed will help you know what to expect.
2. Check out local resources such as WIC or lactation consultants for hands on help and advice.
3. Choose a pediatrician who advocates for breastfeeding and will be able to help you in the office.

Breastfeeding

Ensure the Best Nutrition for You and Your Baby While Breastfeeding

- Get an extra 450-500 calories a day while breastfeeding. To get these extra calories, try to choose nutrient-rich choices, such as a slice of whole-grain bread with a tablespoon of peanut butter, a banana or apple, and 8 ounces of fat-free yogurt.
- Eat a healthy diet, including plenty of fruits, vegetables and whole grains. Include physical activity in your daily routine. Relax when the baby sleeps, and don't be afraid to ask for help when you need it.
- To make sure you and your baby are getting all of the vitamins you need, your physician might recommend continuing to take a daily prenatal vitamin while you are breastfeeding.
- Drink plenty of fluids. It's a good idea to drink a glass of water every time you breastfeed.
- Avoid foods that cause stomach upset in your baby. Common culprits are gassy foods, such as cabbage, and spicy foods. There is no need to avoid foods unless they bother your baby.
- Always check with your physician before taking prescription or over-the-counter medications to be sure they are safe to take while breastfeeding.
- Don't smoke. Smoking can reduce your milk supply, as well as change the taste of your milk and interfere with your baby's sleep. Secondhand smoke increases your baby's risk of SIDS, childhood asthma, bronchitis, pneumonia and middle ear infections.