



Breastfeeding Education

- You will want to breastfeed your baby soon and often after birth to help get breastfeeding off to a good start. You want the baby to breastfeed at least 8-12 times in a 24-hour period. Breastfeeding is a learned skill, so please be patient with yourself as both you and your baby learn together.
- Breastmilk is easily digested, so babies are hungry more often than bottle-fed babies. Make sure to read your baby's feeding cues (rooting, sucking on hands, licking lips) to have the most successful breastfeeding session.
- The American Academy of Pediatrics recommends breastfeeding for the 1st year of your baby's life, with exclusive breastfeeding for the first six months. This includes no other food, supplements or water.
- In the first few days, you have colostrum, which is thick and "honey like," that is designed perfectly for your baby. Your breastmilk will increase between three to five days after you deliver. Colostrum is easily digested and is rich in carbohydrates and antibodies while also working as a laxative.
- Speak with your OB provider about possible hand expression prior to delivery for colostrum collection. That colostrum can be given after delivery and used as a supplement if needed for the baby.
- Call your insurance company about obtaining your free breast pump.
- If you have any questions or concerns, please contact the Lactation Department at GBMC Breastfeeding Warmline, 443-849-3428.



Please visit www.firstdroplets.com for additional resources for breastfeeding your newborn.