

BREASTFEEDING SUPPORT GROUPS

Our certified lactation consultants hold several support groups. They direct a group discussion and are available to answer questions. Participants can talk to other moms who are breastfeeding their babies and discuss similar issues they may be having. Learn more about the support groups at unitypoint.org/pregnancy.

BREAST PUMP RENTAL AND NURSING SUPPLIES

UnityPoint at Home is proud to offer a selection of products for new moms and their babies including Medela breast pump, supplies, nursing bras, tanks and cover-ups. The Home Care store is located in the Iowa Methodist Medical Center Atrium. Call (515) 241-4663 with questions and costs related to breast pump rental.



BREAST MILK

Every Drop Counts





WHY PROVIDE BREAST MILK?

Breast milk is the best choice for you and your baby. Breast milk improves your baby's growth and helps your baby get and stay healthy. It is best to feed your baby your breast milk for at least 6 months of life. When your baby starts eating other food, it is suggested to continue breast milk until they are 12 months old.

BENEFITS FOR MOM

- Less stress
- More infant bonding
- Feeling of empowerment
- Decreased postpartum bleeding
- Less risk for postpartum depression
- Family spacing
- Uterus returns to normal size faster
- Quicker return to pre-pregnant weight
- Lower risk for breast/ovarian cancer
- Lower risk for osteoporosis/hip fracture
- Less preparation because the milk is the right temperature and ready to feed

BENEFITS FOR BABY

- The best nutrition
- Easier than formula to digest
- Lower risk for breathing infections, asthma and allergies
- Lower risk for digestive infections and diarrhea
- Lower risk for ear infection
- Lower risk for type 1 diabetes, childhood obesity and high cholesterol
- Lower risk of Sudden Infant Death Syndrome (SIDs)
- Improved learning and better brain growth

TIPS FOR SUCCESS IN PROVIDING BREAST MILK

- If you are unable to breastfeed within the first hour, begin pumping (either by hand massage or machine) within 1-4 hours after birth. This helps provide colostrum, the first milk you make. The sooner you start pumping, the longer and more milk you will make.
- Prepare for your milk to come in. This will happen about the third or fourth day after birth. You will know because your breasts will suddenly get bigger.
- Plan to breastfeed or pump 8-12 times every 24 hours.
- Pump until each breast is completely empty.
- Breastfeed or pump in a quiet place to help your milk let down. After a while, your milk will let down quickly when thinking about your baby or hearing baby cries.
- Drink plenty of fluids. You should have at least eight 8-ounce glasses of water every day so you will make the milk supply your baby needs.
- Get as much sleep as possible, but you will need to wake during the night to feed your baby.
- Talk to a nurse or lactation consultant if you have questions. They can provide support and tips.

Lactation Consultants are available seven days a week at (515) 241-6570.