

## Breastfeeding FAQ

### How soon after my baby's birth should I breastfeed?

Breastfeeding as soon as possible - preferably within an hour after birth - will get you and your baby off to a good start. Immediately after birth, your baby will be in a quiet alert state and be generally receptive to breastfeeding. In addition to establishing a good milk supply, early breastfeeding allows your baby to receive the benefits of colostrum. Rich in nutrients and antibodies, colostrum is the first milk you produce and is your baby's perfect starter food.

### Does EAMC offer breastfeeding classes?

Yes, you can sign up for our breastfeeding class [here](#).

### What is let down? Should I worry if I don't feel it?

Many, but not all, mothers experience a tingling or rushing sensation in the breasts as milk ejection, or "let down" occurs. Other mothers may notice only that suckling becomes longer and slower and that baby begins to swallow rhythmically. In either case, relaxation and confidence are key that your body can do exactly what it was designed to do - produce the perfect milk for your baby.

### How can I treat sore nipples?

Onset of nipple soreness can be due to a number of things. Poor positioning and latch, not breaking the suction properly, and infrequently changed nursing pads can attribute to soreness. Taking time to latch baby on properly, maintaining good positioning, and good breast care can help to prevent soreness. If soreness continues after the first week, please call your lactation consultant at (334) 528-3709.

### How do I treat a plugged milk duct?

Plugged milk ducts feel like a marble under the skin of your breast or areola. They are best treated with hot compresses before nursing, breast massage during feeding, and cold compresses after nursing. Make sure you are not wearing a bra that is too tight or a bra that has an underwire blocking your milk ducts. If the problem persists, call your lactation consultant at (334) 528-3709.

## What if I have questions or problems breastfeeding after we go home?

Even after you go home, the Lactation Center staff is available through the lactation support service, which includes inpatient consults, outpatient follow-ups, breastfeeding education class, a breastfeeding support group, and a retail expertise to help you choose the products best suited for you and your new baby.

## Why should I breastfeed? Information from the Centers for Disease Control and Prevention (CDC)

Breastfeeding is normal and healthy for infants and moms. Breast milk has disease-fighting cells called antibodies that help protect infants from germs, illness, and even sudden infant death syndrome (SIDS). Breastfeeding is linked to a lower risk of various health problems for babies, including:

- Ear infections
- Stomach viruses
- Respiratory infections
- Atopic dermatitis
- Asthma
- Obesity
- Type 1 and type 2 diabetes
- Childhood leukemia
- Necrotizing enterocolitis, a gastrointestinal disease in preterm infants