



"RULES" FOR BEGINNING BREASTFEEDING

1. Never speak negative words about breastfeeding in your head or out loud.

Remember that the part of your brain that controls emotion also affects breastfeeding.

Guard your heart and your mind from negativity. Even if you do stop breast feeding, cherish the memories of the precious moments you spent nursing the baby God gave you.

3. Do three things for yourself before you sit down to feed.

Even if its just take a deep breath, close your eyes and pray; Lord help me. Or be more elaborate, go to a quiet room, adjust lighting, have warm tea or cold water, play soft music etc.

2. Get support!

One personal; friend, family member, etc and one professional: lactation consultant, breastfeeding doula, breastfeeding peer support counselor

4. Stay Positive!

Take a step back and assess the situation for cues you might be misinterpreting, call on your support system, lactation specialist and/or your doctor when you are not sure if what you are experiencing is normal or if you need help.

** Remember tell your healthcare team that you will be breastfeeding and you want to put the baby to the breast as soon as possible after birth. Also get contact information of the lactation consultant before you leave the hospital and/or ask to see her during your hospital stay to help you with the latch.*