## Special Considerations

# What happens if my infant has to go to the NICU? Can I still breastfeed?

- Yes, you can still breastfeed if your infant has to go to the NICU.
- If your infant is unable to nurse right away, please ask your nurse to get you a breast pump and teach you how to use it.
- Ask your NICU nurse for your baby's feeding schedule; pump after your newborn's feedings.
  That way when your baby can go to the breast, your body is on the same schedule as your baby.
- Don't skip pumping in the middle of the night. The prolactin level in your body is highest between midnight and 5:00 AM. Higher prolactin and more breast stimulation means more milk production!
- You can certainly pump at your baby's bedside in the NICU. Seeing your infant while pumping can help you get more milk.

## Penn Highlands Healthcare

## The Maternal and Child Center

of Penn Highlands Healthcare

Penn Highlands DuBois 100 Hospital Avenue DuBois, PA 15801 814-375-BABY (2229)

www.phhealthcare.org/baby

January 2024

## FEEDING YOUR BABY

Learning How To Breastfeed What Do I Bring To The Hospital? Support After Delivery

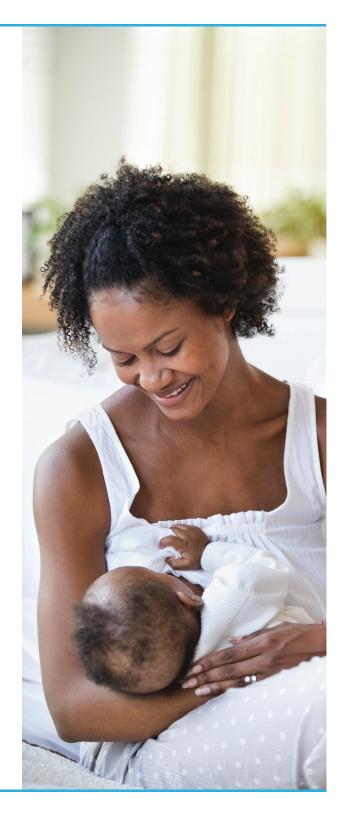


Third Trimester



## Learning How To Breastfeed

- After delivering your baby, the golden hour begins. This hour is for skin-to-skin contact between you and your new little one. Use this time to begin the first breastfeeding.
- Learn your baby's hunger cues. Examples of hunger cues include:
  - Rooting
  - Putting their hands to their mouth
  - Sucking motions with their mouth or smacking their lips
  - Crying is a late sign and may make it more difficult to latch the infant. If your infant is crying, calm them and attempt to latch them for their feeding.
- Plan to breastfeed your baby about 8-12 times in a 24 hour period.
- There are a few different positions that can be used for breastfeeding: cradle, cross-cradle, football and side-lying.
- Try not to give your baby a pacifier until breastfeeding is well established.
- Please ask your nurses for help. We are your support and resource team to help you be successful in breastfeeding.
- Drinking enough water will help your body make enough milk. It is important to drink 8-12 (8 oz.) glasses of water daily.



#### What do I bring to the hospital?

- Please bring your breast pump (if you have one), so you become comfortable with using it before you go home from the hospital.
- Nursing bras and a boppy pillow are also very helpful, but not necessary, feel free to bring these items with you to assist with nursing.

### **Support After Delivery**

 Mom to Mom Breastfeeding Connection at Penn Highlands Healthcare, visit the Penn Highlands Healthcare website for meeting dates and times. www.phhealthcare.org/events.

# Here to support you!