

Making Healthy Choices When Breastfeeding

Congratulations! If you are reading this information you are considering breastfeeding your baby. Breastfeeding your baby is a wonderful way to bond and feed your baby.

However, when making a decision to breastfeed you are accepting the responsibility of making healthy choices.

Making healthy choices when breastfeeding can include caring for yourself, avoiding smoking, eating healthy well balanced meals, and avoiding those things that can affect your baby through your breast milk. What you eat, drink, and smoke can end up in your milk, so it is important to know what you're taking in and passing on to your baby. Medications (over-the-counter and prescription), alcohol, cigarette smoke, and street drugs (including Marijuana) can all pass through to your breast milk. It is important that you only take those medications prescribed by your doctor, and that they are aware at the time they prescribe the medications that you are breastfeeding. Alcohol, cigarette smoking and street drugs (including Marijuana) should be completely avoided when breastfeeding.

Mothers with a history of substance abuse, and are currently in recovery are encouraged to breastfeed. Mothers who have tested positive for drugs of abuse within the last 10 weeks of birth, or who self report taking any illegal substances, including use of controlled substances not prescribed to them will be advised not to breastfeed, unless they commit to abstinence from those substances while breastfeeding.

Medications prescribed to mothers to treat addiction such as Methadone, Suboxone, and Subutex are considered safe/moderately safe for breastfeeding. A complete list of all your medications (prescribed & over-the-counter) should be provided for the lactation consultant to review. Some medications may be safe by themselves but when combined with others, may not be safe to take while breastfeeding.

Please feel free to contact our Lactation Nurses at (603) 740-2233 with any questions you may have.



Wentworth-Douglass Hospital

WOMEN & CHILDREN'S CENTER

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20 Reasons to Breastfeed Your Baby

1. Breastmilk is the perfect food for your baby. It has just the right amount of protein, sugar, fat and vitamins your baby needs.
2. Early breastmilk provides your baby with protection from infection.
3. Breastfeeding helps your uterus shrink to its normal size sooner and helps control post-delivery bleeding.
4. Breastmilk is easy for your baby to digest.
5. Breastfed babies have less colic, constipation and diarrhea.
6. Breastmilk changes to meet your growing baby's nutritional needs. No baby formula can do that!
7. Recent studies have shown a reduced risk of sudden infant death (SIDS) with breastfeeding.
8. Breastfed babies have fewer colds and earaches and go to the doctor for sick visits less.
9. Breastfed babies have less asthma, food allergies and eczema.
10. Nighttime feedings are quick and easy.
11. Breastfeeding makes mom feel proud. Your baby is growing because of something only you can give them.
12. Breastfeeding is a special gift only you can give your baby. It helps you feel close to your baby and helps you feel confident as a mother.
13. Breastmilk is economical – there is nothing to buy.
14. Breastfeeding can help you lose weight faster.
15. Breastfeeding is good for the environment – no bottles, cans or boxes to put in the garbage.
16. Breastfeeding your baby is enjoyable! The hormones you make during breastfeeding help you relax and feel close to your baby.
17. Breastmilk helps your baby grow strong and healthy.
18. Breastfeeding reduces your risk of certain cancers.
19. Breastmilk is always ready, always warm and always enough!
20. Going out is simple – nothing to pack but the baby!

For more information visit wdhospital.com or call (603) 740-2233.



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