

A Healthy Start

We are here to help you provide the best beginning for your new baby. Breastfeeding is one of the most important things you can do for your newborn.

When you have a baby at Prentice, we provide care for you and your newborn at your bedside. You and your infant will be together throughout your hospital stay, unless there is a medical reason that prevents it. Being together has a number of benefits, including:

- Promoting bonding and family-centered care.
- Helping you to learn your baby's feeding cues.
- Helping you successfully breastfeed. Frequent feedings help stimulate milk production.

To promote breastfeeding, we also encourage:

- Skin-to-skin contact right after birth and as much as possible during your hospital stay.
- Use of pacifiers only during certain medical procedures.
- Attending a breastfeeding information session.
- Sleeping or resting when your baby sleeps.
- Asking your visitors to schedule a time to visit so that it doesn't interfere with frequent breastfeeding and one-on-one time with your nurse.

Our perinatal nurses are your first resource for breastfeeding and can guide you in the basics of positioning and coaching your newborn to latch.

Benefits of Breastfeeding

For babies, breastmilk:

- Provides antibodies that help prevent infections.
- Reduces risks of type 2 diabetes, allergies and more.
- Is easier to digest than formula.
- Promotes brain development.

For women, breastfeeding:

- Reduces the risk of developing breast cancer.
- Lessens the chances of developing osteoporosis.
- Reduces the risk of uterine and ovarian cancer.
- Promotes postpartum weight loss.

Preparing to Breastfeed

As you make decisions about your labor and delivery, and when you come to the hospital to have your baby, tell your physician that you plan to breastfeed. Ask to start as soon after birth as possible.

Consider taking the breastfeeding classes offered by Northwestern Memorial with your partner.

These classes provide valuable information about breastfeeding basics and support.

- Breastfeeding, The Best Beginning
- Breastfeeding for Multiples
- Breastfeeding and Returning to Work

Call Health Resources at **312-926-8400** or visit **classes.nmh.org/listing/all** to register.

Trusted Breastfeeding Resources

- American Academy of Pediatrics:
healthychildren.org/breastfeeding and
www2.aap.org/breastfeeding
- National Breastfeeding Helpline: 800-994-9662
- MedlinePlus Breast Feeding:
nlm.nih.gov/medlineplus/breastfeeding.html



Para asistencia en español, por favor llamar al Departamento de Representantes para Pacientes al 312-926-3112.

Northwestern Memorial is committed to representing the communities we serve, fostering a culture of inclusion, delivering culturally competent care and access to treatment and programs in a nondiscriminatory manner and eliminating healthcare disparities. For questions, please call the Patient Representative department at 312-926-3112, TDD/TTY number 312-944-2358.