

Your Prenatal Guide to Breastfeeding

Even if you have breastfed before, every baby is different and it's okay to ask for help and encouragement. At Nest Collaborative, we want to empower and prepare you to feed your baby in the way that works best for you and your family.

Benefits of Breastfeeding



Your child is less likely to get sick from things like colds, ear infections, and stomach viruses



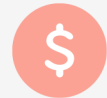
Breastfeeding reduces the risk of Sudden Infant Death Syndrome (SIDS)



You have a lower risk of depression, heart disease, and some cancers



Spending time bonding with your child



Breastfeeding costs less and is better for the planet

Support is Key to Reaching Your Goals

- Ask your support person to come to your breastfeeding appointments
- Share your breastfeeding goals with people supporting you, including healthcare providers caring for you and baby
- Get individual breastfeeding support from experts, like Nest Collaborative IBCLCs
- Join breastfeeding support groups, like Nest's Latch Lounge, to get and give advice to other parents

Remember to NEST

Nurse baby 8-12 times a day, offer both breasts, and wake as needed

Express colostrum by hand to help baby latch or into a spoon or small cup if baby needs more milk or cannot feed at the breast

Skin to skin helps wake baby to feed, calm an unhappy baby, and make more milk

Togetherness, keeping baby in your room helps parents bond and see early feeding cues

Know the Signs of Effective Breastfeeding:

Baby	Parent
Parent can see/hear consistent swallowing	Pain-free feeling of tugging or pulling on nipple
One diaper for each day of life until day 6 then 6+ wet diapers per day	Contractions, sleepiness, thirst in the first days/weeks after birth
Baby appears relaxed and content after feeding	Breast feels softer after feeding

Pro Tips!



Give baby a taste of hand expressed breast milk to help baby to latch

With clean hands, gently massage breasts and position hand with thumb and forefinger in a "C". Support breast with hand and with "C" 1 inch from nipple. Press back with fingers towards your chest wall. Compress fingers towards nipple. Release fingers and repeat.



Skin to skin helps parents to pick up on feeding cues. Don't wait for baby to cry. Following early feeding cues make latching easier!

Look for wiggling, moving arms or legs, turning head to breast, opening mouth, yawning, fussing, putting fingers to the mouth, and/or rooting.



Breastfeeding pain is not normal

Pain and problems with latching or sucking can cause families to stop breastfeeding early and lead to making less milk. Your Nest lactation consultant can help you and your baby learn to latch properly, ensure you have enough milk, and reduce pain.

Nest's Suggested Breastfeeding Support Journey

Each journey is completely customizable to your needs and goals

Indicates suggested visit times

Timeline:	Prenatal	Birth	6mo				12mo	18mo	24mo
Individual Preventive Care Visits	Pre	Birth-1 Wk	1-2 Mo	3-5 Mo	6-7 Mo	8-9 Mo	11-12 Mo	12-18 Mo	
Group Preventive Care Visits	Pre	1-6 Wks	2-4 Mo	5-6 Mo	7+ Mo				
Acute Care Visits	Families can visit Nest for help with any immediate concerns at any point throughout their breastfeeding experience.								

Individual Visits

One-on-one visits for both prenatal and postpartum parents that provides education, anticipatory guidance, reassurance, and practical help and problem solving in collaboration with the dyad and their healthcare team.

Group Visits

Group sessions called Latch Lounge that are unique to baby's age for both prenatal and postpartum parents. Receive evidence-based education and peer to peer support that assists families in anticipating developmental changes, prevent challenges, and understand norms.

Acute Care Visits

These visits are time-sensitive one-on-one postpartum appointments for when your lactation goals may be at risk. Reach out to get support as soon as same-day.

Schedule your next appointment with a Nest Collaborative IBCLC by visiting www.nestcollaborative.com or by calling (888) 598-1554.