

Let's talk about...

Learning to Breastfeed

Breastfeeding is a
learned skill.

Learning to breastfeed
takes practice.

You and your baby
will learn to work
together.

During pregnancy:

- Take a prenatal breastfeeding class where you can see pictures, videos, and practice with an infant doll.
- Ask a friend if you can watch her breastfeed and talk to her about her experience.
- Attend a support group for new mothers where you can watch others breastfeed and hear them talk about their experiences.

Beginning to breastfeed with your baby:

- You may like to lie back so most of your body feels supported. You may like to sit up. Find a position where you are comfortable.
- Ask your nurse or lactation consultant to watch you latch your baby. If latching is uncomfortable, your nurse or lactation consultant can help show you how to latch your baby more deeply.

Baby's first week:

- Ask for help if breastfeeding your baby is uncomfortable or if you are unsure your baby is getting enough milk.

How will I know my baby is hungry? What is rooting? What other signs will my baby give me?


Once I get in a comfortable position, how should I hold my baby?

What should latching feel like?

How will I know when my baby is actually feeding? What signs will my baby give me that he is done?

What is the phone number to the lactation office?

Use the space below to write your own questions or notes:



Next time, let's
talk about...

How
Breastfeeding
Changes

The Nursing Mothers Counsel of Oregon serves the Portland Metro/SW Washington Area
Portland 503-282-3338 / SW Washington 360-740-0656 / www.nursingmotherscounsel.org