

Notes for Breastfeeding Book

Cover

My Breastfeeding Book

Page one

Benefits for Mom:

- Reduces risks of some cancers
- Increases metabolism (helps her lose baby weight much easier)
- Produces relaxing endorphins

Page two

Benefits for Baby

- Boosts immune system
- Enhances brain development
- Promotes bonding
- May reduce risk of SIDS

Page three

Types of Milk

- Colostrum
- Transitional
- Mature (comes in at end of first week)

Page four

Benefits of Immediate Skin to Skin Contact

- Breastfeeds longer
- Latches on better
- Stays warmer
- Cries Less
- Promotes bonding

Page five

Lactation Consultant (a breastfeeding consultant)

- Provides support for the mom and answers her questions

Page six

Signs of hunger

- Fidgeting when sleeping
- Sucking motions with tongue and mouth
- Opens mouth when touched
- Brings hand to mouth
- Roots
- Cries



Back Cover

How I feel about breastfeeding.....