



5 Breastfeeding Tips for New Moms

Presented by Help Me Grow at Action for Children

1

Pain isn't normal.

Breastfeeding may cause irritation as you and your baby learn, but if breastfeeding is painful, see an International Board-Certified Lactation Consultant (IBCLC), your primary care doctor, or your OB/GYN.

2

Keep an eye out for warning signs.

- Redness
- Bleeding
- Engorgement
- Cracked nipples
- Lumps in the breast
- Fever

Contact a medical professional immediately if you see these signs!

3

Low milk supply is a common problem.

Don't give up right away! Everyone's body produces different amounts of milk. Reach out to an IBCLC to problem-solve.

4

Use your resources!

- The Breastfeeding Hotline is available 24/7/365! Call 888-588-3423 or or text "BFHOTLINE" to 839863!
- Local hospitals have IBCLC's (International Board-Certified Lactation Consultants) on staff you can call for consultations
- Visit the [Appalachian Breastfeeding Network's website](#) to find lactation assistance near you

5

Be patient!

Both you and your baby are learning -- embrace the journey!



B is for Breastfeeding Benefits!

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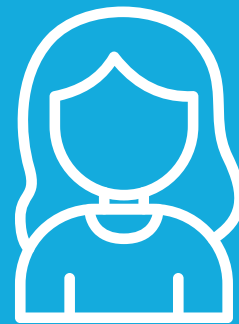
Breastfed babies have a lower risk of SIDS (Sudden Infant Death Syndrome), Diabetes, Asthma, ear infections and so much more!



Breastfeeding is cost-effective and convenient! No need to buy formula or related feeding supplies quite yet!



The physical closeness and skin-to-skin contact of breastfeeding creates a unique bonding experience between mother and baby.



Breastfeeding can help moms recover faster from delivery and is associated with lower risk of breast cancer.