After Discharge From Maternity/Newborn Nursery

During Postpartum/Maternal Care Visit:
Continue to encourage and support.
• Ask about breastfeeding duration and success.
• Be sure to inform the patient about breastfeeding support in the first few days of life.
• Be prepared to refer to specific lactation specialists and/or community resources when needed.

During the 3 to 5 Day Pediatric Visit:
• Ask about breastfeeding duration and success.
• Continue to encourage and support.
During Postpartum/Maternal Care Visit:
• Be prepared to refer to specific lactation specialists and/or community resources when needed.

Medications that are Safe for Breastfeeding Mothers

• Antacids
• Diuretics
• Hypoglycemics

• Anti-infectives
• Diarrheal agents
• Hypertensives

• Antibiotics
• Diuretics
• Hypertensives

• Anti-infectives
• Diuretics
• Hypertensives

• Antacids
• Diuretics
• Hypertensives

All medications should be reviewed and discussed to help breastfeeding parents understand the potential effects of medications on their newborns.

At Any Visit:
Verify success, anticipate challenges and support prolonged breastfeeding.

• At the newborn visit, review the baby 400 IU of oral vitamin D drops daily until at least 1 liter of four or quart of milk is consumed.
• Refer the mother to a lactation specialist and/or support group whenever needed. Keep referral information in each room.
• Discuss return-to-work plans and breast pump options. Hospital-grade personal pumps are available through some WIC programs and via insurance in select circumstances.
• Fluoride supplements are not indicated in New York City.

If there are signs breastfeeding is not going well, intervene as necessary, (e.g., provide telephone and in-office support, refer mother to lactation specialist and/or support group). In addition — no supplementation — will increase milk supply.

• Kindest weight loss for the first week is 5 to 10 ounces.
• Infrequent wet/soiled diapers (fewer than 3-4 urine diapers/24 hrs., fewer than 3-4 stools/24 hrs.)
• Mother’s nipples are red, cracked (likely due to latch problem)

Summary of breastfeeding and nutrition options:

• 8 to 12 feedings at the breast should be provided every 24 hours, or whenever the baby shows early signs of hunger such as increased active, crying, mouthing or rooting.
• In most cases, babies born after birth, non-demanding infants should be awakened to feed four to five times per day from the beginning of the last feeding.

Breastfeeding techniques:
• Both breasts should be offered at each feeding as long as the infant remains at the breast. The first breast offered should be alternated with each feeding, so that both breasts receive equal stimulation and support.
• Pacifiers should be avoided until breastfeeding is well established.

Nutritional guidelines:
• Water and possibly a formula to meet the infant’s needs. Avoid giving anything else if breastfeeding is not going well.

Resources

U.S. Department of Health and Human Services
www.health.state.ny.us/prevention/nutrition/wic/

New York City Department of Health and Mental Hygiene
• Call 311 and ask for the Women’s Healthline

• Celebrate exclusive breastfeeding for your workforce

Breastfeeding – Key Points

Breastfeeding Pocket Guide

Breastfeeding – Simply the Best

We always use non-commercial breastfeeding materials in your office.
Breastfeeding confers unique health benefits to infants and mothers. Health care providers and staff can play a critical role in promoting exclusive breastfeeding and increasing duration of breastfeeding. Your counseling and support efforts should start when the patient is pregnant, and continue through the neonatal period and beyond.

This pocket guide has been developed to support you in this effort. Please help us make breastfeeding the norm.

During Prenatal Care: Encourage expectant mothers and their families to breastfeed exclusively for six months.

What you say to expectant mothers and their families makes a real difference. If you recommend exclusive breastfeeding, more new mothers will breastfeed for longer periods of time.

Let them know:

• "Breast milk is the safest and most special food for your baby. Formula just does not give you and your baby the same protection against diseases."

• "Most women can breastfeed. Your body will make enough milk to give your baby all the food he/she needs for the first six months of life."

• "It might be a little hard at first, but it gets easier. It benefits your baby for the rest of his/her life."

• "In the first few weeks, you'll find the more often the baby suckles at the breast, the better the flow of milk."