

Top 10 things that Mother's need to know about breastfeeding!

1. You can do it!
2. It takes time and determination- set a goal and stick with it!
3. Your baby knows what to do, help him or her out by following the High 5.
4. There is lots of help out there and find out how to access it before delivery.
5. Find a good friend or relative who has been successful with nursing and learn from them.
6. Skin to skin is good for breastfeeding and for general infant development.
7. Limit your visitors early on- only those that can help and support you. Have them come from 11-1pm and 5-7pm so they can hold baby while you eat! But save the rest of the time for getting to know your baby.
8. Take a class to learn more- and take grandmas from both sides with you!
9. For good latch- tummy to tummy, nose to nipple and chin to breast- have baby come up and on the breast!
10. The more your baby suckles, the more milk your body makes! Remember your baby is smart and knows how to increase the amount of milk produced!

Top 10 things that Partner's need to know about breastfeeding!

1. You are a team, support each other as you transition to parenthood.
2. Learn as much as you can to help achieve the goal you set together for breastfeeding.
3. There are many ways to love a baby besides feeding, practice rocking, burping, diapering and bathing and find a special way to bond as dad.
4. Help by getting mom a drink of water or juice during nursing.
5. Get pillows and a foot stool to increase your partners comfort.
6. Wash pump parts if she is pumping, do laundry if not pumping.
7. Be a protector against too many visitors/company.
8. Breastfeeding takes time and energy, share in all the other needed housekeeping or meal tasks or let relatives know how to help.
9. Get her to support groups or clinics or professionals that can help if any challenges arise.
10. Give her a massage and let her know you love her.