

*Baby-Friendly Hospitals have trained their staff in well researched strategies that help breastfeeding or breastmilk feeding succeed. Enclosed is information and feeding practices that UCSF is currently implementing in order to support your health and success in feeding your baby.*



University of California  
San Francisco

## **Breastfeeding is good for Mom's and Baby's health.**

### Health Advantages For Babies:

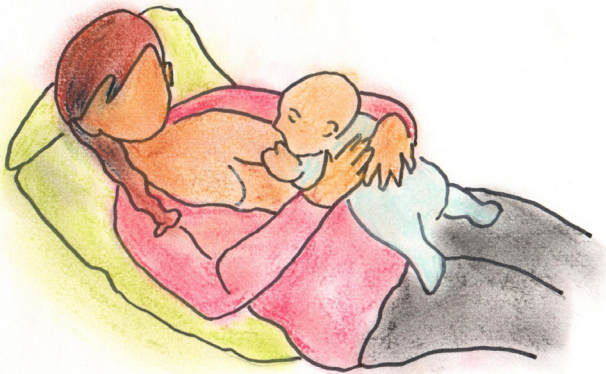
- > Have less infections
- > Are less likely to be severely overweight
- > Have a lowered risk of certain cancers
- > Have less Sudden Infant Death Syndrome (SIDS)

### Health Advantages For Mothers:

- > Less breast and ovarian cancer
- > Less Type 2 Diabetes
- > Less Heart Disease
- > Less chance of bone fractures later in life

## **These practices which UC San Francisco supports, can help with breastfeeding:**

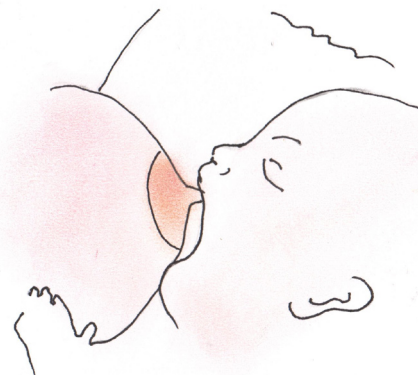
1. Keep your baby skin-to-skin during the first hour after birth, and frequently on the Postpartum unit. Babies kept skin-to-skin:
  - > Stay warmer
  - > Cry Less
  - > Remember to eat more frequently



2. Feed your baby "on-demand" or when your baby shows feeding cues. Babies fed on-demand, or based on cues:
  - > Lose less weight
  - > Fuss and cry less
  - > Are less likely to be overfed or underfed

Also, their mothers develop a better milk supply.

3. Keep your baby in your room after the birth unless there are medical reasons for separation. This is called "rooming-in". Babies who room-in:
  - > Lose less weight because they are fed by cues, and fed more frequently
  - > Cry less
  - > Are safer. The AAP (American Academy of Pediatrics) recommends rooming in for at least 6 months after the birth.
4. Keep your baby positioned close to you, with a wide latch, and give your baby nothing but your milk the first 6 months after birth unless medically needed.
  - > A wide latch with your baby's chin in close, helps prevent sore nipples and helps your baby get enough milk.



- > Ideally formula isn't introduced unless it is medically indicated. Formula supplementation can lower milk supply, decrease the health benefits of breastfeeding, and make breastfeeding more difficult.
- > Ideally if your baby must be supplemented, the supplements are not given by bottle unless medically indicated. We can show you how to supplement at the breast, or with a syringe, so that your baby stays interested in breastfeeding.