

support



Discharge Teaching

Initially, babies will need to feed as often and as long as the baby desires. (Observe for feeding cues like mouth open, sucking on hands or tongue etc.) Generally 8 or more feedings in 24 hrs is normal. (Pg. 21 A New Beginning Book) Infants who are breastfed adequately should have a minimum of 2-3 bowel movements when they are 2-3 days old. On day of life 4 or more, infant should have 3-4 bowel movements in 24 hours. (Pg. 24 A New Beginning Book) Breastfeeding moms should NOT experience nipple damage including bruised, cracked or bleeding on the nipple. Resources include: WIC peer counselors, SFH lactation consultations and your pediatrician. (Pg. 27 A New Beginning Book)

Community support after discharge:

If you are having difficulty establishing breastfeeding, or you feel your baby is not doing well, please call your pediatrician or lactation consultant.

St. Francis Hospital weekly support group (open to ALL SFH mothers)

Every Tuesday from 2:00 PM - 3:30 PM
Labor and Delivery Classroom

La Leche League (open to ALL)

Georgia - <http://www.llofga.org/columbus.html>

WIC Peer counselors (must utilize WIC services to participate)

Breastfeeding Support @ 706-321-6280

Martin Army Community Hospital Support Group

1st and 3rd Tuesday's from 11:00 AM- 1:00 PM
Hospital Breastfeeding Room 1A-531

Hand Expression or Breast pumps are a great way to *maintain a healthy supply of breastmilk if you must be separated from your infant.* Contact your Insurance Company or the WIC office (706-321-6280) about details on pump rental, loan or purchase. (Pg. 26 A New Beginning Book)