

Northern Kentucky Breastfeeding Coalition Breastfeeding Resource Guide

Cincinnati Children's Hospital Medical Center

Outpatient lactation support provided by physician and nurse lactation consultants. Breast pump rental program, Mother's Milk Bank of Ohio donor milk collection site, and telephone line for questions.

Center for Breastfeeding Medicine

3333 Burnet Ave.

Cincinnati, OH 45229

513.636.CFBM (2326)

www.cincinnatichildrens.org/breastfeeding

La Leche League of Northern Kentucky

Mother-to-mother support group meets at 6:30 p.m. on the second Thursday of each month at St. Elizabeth Edgewood, Doctors Building, Room 249.

513.357.MILK (6455) or E-mail: lllofky@gmail.com

www.lllofky.org

La Leche League of Grant County: Call Rhonda at 859.824.5179 for phone counseling and/or questions.

Motherhood Express Breastfeeding Resource Center

Lactation consultants available six days a week for same-day help in office, in home or by phone. Free weight checks, free latch checks, and bra fittings by a certified bra specialist. Breast pumps and baby scales available for rental or purchase. Indiana Mother's Milk Bank donor milk drop-off site.

7000 Houston Road

Building 200, Suite 19

Florence, KY 41042

859.746.2460

www.motherhoodexpress.com



Northern Kentucky Health Department

Breastfeeding support provided by lactation consultants, lactation counselors and peer counselors through breastfeeding classes, weight checks and WIC services (Supplemental nutrition program for Women, Infants and Children).

Boone County Health Center 859.363.2060

Campbell County Health Center 859.431.1704

Grant County Health Center 859.824.5074

Kenton County Health Center 859.431.3345

www.nkyhealth.org/breastfeed

St. Elizabeth Healthcare, Edgewood

Breastfeeding support provided by lactation consultants: phone consults, outpatient visits by appointment, free weight checks 1-2 p.m. daily, and classes.

1 Medical Village Drive

Edgewood, KY 41017

859.301.2631 (Lactation Department)

www.stelizabeth.com



Begin breastfeeding within the first hour after birth.

Rooming in with the baby enables you to breastfeed every 2-3 hours.

Effective breastfeeding occurs when the baby has a deep latch of the nipple and areola, the dark part around your nipple, and sucks with deep jaw movements. Swallowing should be heard.

Aim for 8-12 feedings in 24 hours. You may need to wake baby for feedings until he/she is gaining weight adequately.

Supplemental bottles and pacifiers are not needed in the first few weeks unless there is a medical or special need. All sucking should be at the breast; the more the baby feeds properly at the breast, the more milk you will produce.

The baby will signal he is ready to eat through feeding cues like licking lips, rooting/turning to the breast, sucking on hands or fists. Crying is a late sign of hunger and can make breastfeeding harder.

Feeding times will vary; watch the baby not the clock to determine length of feeding. Let baby finish first breast first, burp and offer second breast. If baby is no longer hungry, start the next feeding on this breast. Average feedings will last 20 to 40 minutes.

Expect 2-3 wet and dirty diapers for the first 3 days. By day 4 the breasts should become noticeably fuller with milk; then look for 5-7 wet diapers and 2-8 dirty diapers each day.

Expect a breastfed baby's stools to appear yellow, seedy or curdy, soft and loose. It's normal for breastfed babies to have a bowel movement after every feeding.

Deciding to breastfeed is a healthy choice for you and your baby. Be proud of yourself for breastfeeding!