



A Personal Bond of Love

Formulas try to imitate breast milk. *Why give your child second best when he/she can have the real thing?*

Babies are born to breastfeed. Nothing compares with the satisfaction a mother gets by holding her baby close and giving him everything he needs to grow! Breast milk is always ready in the perfect quantity, at the perfect temperature, and in the ideal formulation.

Breast Milk:

-  Has all the nutrients your baby needs for proper growth and development
-  Is non-allergenic and inexpensive
-  Reduces the risk of ear infections and colds
-  Reduces the risk of obesity, diabetes, and other diseases
-  Decreases dental, jaw, and speech problems
-  Protects against cancer (leukemia and lymphoma)
-  Is environmentally friendly
-  Is easier for your baby to digest
-  Is always the right temperature, never too hot and never too cold

Breastfeeding Takes Time *and* Patience

Remember, as your Pennock Family Birthing Team, we are here to help you each step of the way. We understand that learning how to breastfeed takes time and patience.

In addition to our monthly breastfeeding educational classes, our Birthing Center also offers on-site lactation counselors to assist with personal breastfeeding care before and after your delivery.

To learn more about our Family Birthing Center or to review our current class schedule, we encourage you to join us online at www.pennockhealth.com/familybirthing.html or by scanning our QR code below with your smart phone.

To receive a free tour of our facilities, call the Family Birthing Center at 269.948.3129.



Pennock Family Birthing

1009 W. Green St., Hastings, MI 49058
Phone: 269.948.3129
www.pennockhealth.com



Family Birthing Center Breastfeeding

You have everything your baby needs



1009 W. Green St., Hastings, MI 49058
Phone: 269.945.3451
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“Pennock Health endorses breastfeeding as the healthiest way for a mother to feed her baby.”

How can my Pennock doctors and nurses help me breastfeed?

Our lactation counselors will help get you started with breastfeeding and also assist if you feel you are running into barriers or have further concerns. We also remind our mothers that you have everything you need to make enough milk to feed your baby! You do not need to give your baby any additional fluids. You will have better success getting your milk supply established if you give your baby only breast milk. Above all, remember that breastfeeding is a magical bond of love.

When should a new mother breastfeed?

Newborns should start breastfeeding as soon as possible after delivery. Newborn babies breastfeed frequently, about every 1.5 to 3 hours around the clock. Feed your baby when he or she shows signs of hunger; restless movements, sucking on hands or fingers, smacking lips or opening mouth when lips are touched, and searching for mother’s nipple.

The more milk your baby drinks, the more milk you will produce! This is called supply and demand. Supply and demand is very important to the success of breastfeeding!

Is Your Baby Getting Enough Milk?

One of the most common questions we encounter is, “How will I know my baby is getting enough milk?”

This is a great question! You can be assured that your baby is getting plenty of milk in a number of ways, including counting your baby’s number of wet diapers and bowel movements.

Your baby may have more than 5 poops a day after the first week. It is also very common for newborns to lose a small amount of weight within their first few days. Typically, after about 6 days, your baby should gain 4-8 ounces per week with breast milk. As your baby continues to grow, you will notice fewer dirty diapers or less runny stools.

To assist in your first few days, our general chart below will help to outline the smallest amount of diaper changes your baby should be experiencing. Please check them off as your baby goes!

Baby	Wet	Poops
DAY 1 (birthday)	■ ■	■
DAY 2	■ ■ ■	■ ■
DAY 3	■ ■ ■ ■	■ ■ ■
DAY 4	■ ■ ■ ■ ■	■ ■ ■ ■
DAY 5	■ ■ ■ ■ ■ ■	■ ■ ■ ■
DAY 6	■ ■ ■ ■ ■ ■ ■	■ ■ ■ ■
DAY 7	■ ■ ■ ■ ■ ■ ■ ■	■ ■ ■ ■



Mommy Benefits

Did you know that breastfeeding has great benefits for you too?

Breastfeeding:

- helps you return to your pre-pregnancy weight faster, burn 500 calories a day
- Improves maternal/infant bonding
- Causes women to not have a menstrual cycle while exclusively breastfeeding
- Save up to \$1,000 a year in special formula costs along
- Is environmentally friendly- fewer bottles to purchase, wash, and discard
- Decrease rates of pre-menopausal breast and ovarian cancer
- Reduces osteoporosis (bone thinning)
- Decrease rates of diabetes
- Releases hormones to help you relax and relieve anxiety
- Offers increased benefit from WIC, if applicable