

FRAMINGHAM PEDIATRICS



Breastfeeding Your Baby **Tips for New Moms**

Congratulations on your newborn and your decision to breastfeed. It is very important to remember a few basics as you start feeding your baby. The following information sheets should help review the most commonly asked questions and issues as you commence breastfeeding.

Most newborns will breastfeed 8 – 12 times during a 24 hour period once feeding has become well established. So, feed your baby whenever he/she seems hungry. Frequent breastfeeding will establish your milk supply and keep your baby satisfied.

“Topping off” or supplementing with formula is not necessary and will decrease your milk supply. If you are concerned that your baby may not be getting enough breast milk, please talk with your pediatrician; he/she will help you determine whether interventions are necessary to increase milk production.

If it is necessary to take medication while breastfeeding, most medications are safe. If you have questions about a particular drug, please call us. It is usually not necessary to discontinue breastfeeding because of an illness or medications.

Babies who are breastfed are generally healthier. They have fewer ear infections, fewer colds, and less diarrhea or constipation. They are also less likely to develop diabetes and other chronic illnesses as adults and are less likely to become obese.

In summary, The doctors and nurses at Framingham Pediatrics are committed to helping new mothers as they begin to breastfeed their babies. If you have questions or experience difficulty, please call.

We can have telephone or office discussions about breastfeeding or we can make a referral to a community based lactation specialist.

call time 8:30 – 9:00 am
www.framinghampediatrics.com