

FAQ

BREASTFEEDING FREQUENTLY ASKED QUESTIONS



How important is breastfeeding?

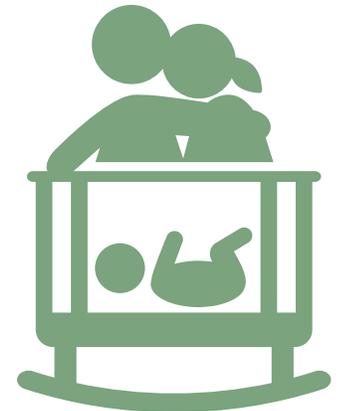
Immensely! Breastfeeding is one of the most significant gifts only you can give your baby! Breastfeeding will profoundly impact your baby emotionally and physically and affect many of your own health issues as well.

How long should I breastfeed?

The American Academy of Pediatrics recommends exclusive breastfeeding for 6 months followed by continued breastfeeding while adding complementary foods until baby is at least 12 months old and longer if desired by mom and baby.

What can I do to get breastfeeding off to a good start?

Immediately after birth (or as soon as both of you are stable) position your baby skin-to-skin on your chest and allow your baby to stay there undisturbed until the first breastfeed is complete or at least for a minimum of a full hour. Amazingly, research shows us that mother/baby pairs who are allowed a full hour of undisturbed skin-to-skin time will go on to breastfeed easier and for more months!



What is "Rooming In" and how will it help with breastfeeding?

It may be surprising to learn that research demonstrates babies breastfeed better and mothers sleep better when the baby stays 24 hours a day in the same room as the mother. Babies thrive when they remain close to their mothers, and mothers master responding swiftly to their baby's feeding cues.



How often should I breastfeed my baby?

Most infants will breastfeed every 1 to 3 hours. If you add up all the feedings in a 24-hour day, most infants will nurse 8-12 times. If your baby is not waking on his or her own to nurse at least a minimum of 8 feedings, you may need to wake to offer a breastfeeding. Remember, babies need to eat at night too!

Will I have enough milk?

Fortunately, most women can make plenty of milk for their babies! Breastfeeding frequently with a good latch is usually all that is needed. The more often you "move milk" the more milk you will make.

Where can I get more information about breastfeeding?

Take the Prenatal Breastfeeding Class

Take a [Breastfeeding Class](#) to learn as much as you can about breastfeeding before your baby is born. Pullman Regional Hospital offers a Prenatal Breastfeeding Class. Sign up today to meet other expectant moms, learn about breastfeeding, and gain confidence before your baby arrives.

In the class, you'll learn about:

- Prenatal and postnatal breast changes
- What affect the success of breastfeeding
- How to prevent engorgement and other complications
- What to expect the first few days of life
- Techniques for good positioning of your baby at the breast

The class also includes a breastfeeding educational book. [Sign up for Prenatal Breastfeeding Class today.](#)

Attend the Breastfeeding Support Groups

Pullman Regional Hospital offers a bi-weekly Breastfeeding Support Group. Research shows that continued breastfeeding support is crucial for helping moms meet their breastfeeding goals. Bring yourself, your baby, and your questions. Information and friendly discussion will be provided in a warm and welcoming environment with a lactation consultant and other new parents. The support group is free to attend. Find the next Breastfeeding Support Group on our [calendar of events](#).

Make an appointment with a Lactation Consultant

We offer Internationally Board Certified Lactation Consultants and specially trained nurses to help you achieve your breastfeeding goals. [Visit our website](#) to learn more, or call the BirthPlace at (509) 336-7401.

Schedule a Tour

We encourage our future guests to tour our BirthPlace and become acquainted with our staff and services. (509) 336-7401

Financial Planning

Get your questions answered with Financial Planning or speak with a Patient Financial Counselor. (509) 336-7466.

24-Hour Line

24-Hour access to registered nurses to answer your questions and concerns. (509) 336-7401.

