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SP441-D-Smart Choices...Tips on Breastfeeding - Why Not Breastfeed?

The University of Tennessee Agricultural Extension Service

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The Expanded Food and Nutrition Education Program

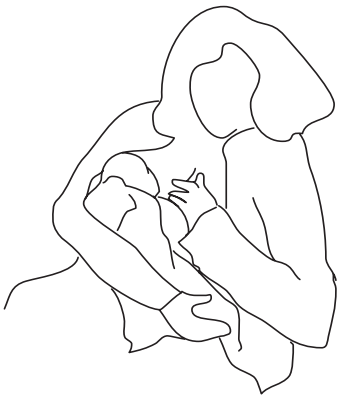
Agricultural Extension Service
The University of Tennessee

SP441-D

Smart Choices...

Tips on Breastfeeding:

Why Not Breastfeed?



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Many women choose not to breastfeed because they wonder:

Will it hurt?

Breastfeeding is not painful if you position the baby correctly.

1. Make sure you are comfortable when you are breastfeeding. Sit in a comfortable chair with your feet up, or lay down.

2. Put your breast in your baby's mouth correctly. Babies need to get all of the nipple and much of the dark area around the nipple in their mouth.

3. Remove your baby from the breast by putting your finger in the baby's mouth to break the suction.

Is it embarrassing?

1. Find a private place like a restroom or an extra bedroom.

2. Wear a top you can unbutton in front or pull up from your waist.

3. Carry a blanket or shawl to place over your baby when breastfeeding around other people.

Will it tie me down?

Breastfed babies can be given bottles with breast milk or formula. If you decide to give your baby a bottle . . .

- Wait at least 3 or 4 weeks after birth. This gives your baby time to become used to your nipples. Otherwise, your baby may refuse the breast.
- Put your breast milk in the bottle. The more formula you offer your baby, the less milk you will make.

If you plan to return to work after your baby is born, can you still breastfeed?

It can be done! But, you need to plan ahead of time.

- Ease back in to your old schedule gradually. Try working fewer days a week at first. Talk to your employer about this ahead of time.
- Check out the daycare situation before you go back to work. Find a daycare provider who will take the time to hold your baby and offer your expressed breast milk.
- Try to establish your milk supply during the first 4 weeks after delivery. Get plenty of rest, fluids and food. Nurse on demand and not by the clock.
- Before you go to work, be sure your baby will drink from a bottle. How soon you introduce your baby to a bottle, depends on how soon you plan to go to work.
- When you go back to work, pump your milk like you would if you were home.
- Check with your local health department if you cannot buy a breast pump. They may have some they will lend.
- Find a small cooler to keep milk chilled while away from your baby.
- Breastfeed your baby in the mornings and at night. On weekends and days off, breastfeed as often as possible.

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COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS
The University of Tennessee Institute of Agriculture, U.S. Department of Agriculture
and county governments cooperating in furtherance of Acts of May 8 and June 30, 1914.
Agricultural Extension Service,
Charles L. Norman, Dean.