Kathleen C.
Cailloux
birthing center

Acknowledgement of Benefits for Exclusive Breastfeeding

The staff at Hill Country Memorial is here to assist you in your decision to breastfeed your new baby. You will have support regarding your feeding method, however to make a well- informed decision we have provided some of the benefits of exclusive breastfeeding and the potential feeding complications during the first few days and beyond.

Some of the BENEFITS of exclusive breastfeeding are:

- Enhances milk supply by more stimulation to breasts
- MATURE milk comes in earlier
- No nipple confusion
- Demand-Supply, therefore less engorgement
- Helps uterus return to pre-pregnancy size
- Mothers have practice with hospital staff to gain confidence by discharge
- Decreased illness due to immunoglobulins in colostrum
- Colostrum is high in protein, concentrated in volume and easily digestible

I am aware of the potential complications associated with early introduction of formula, pacifiers i.e.:

1. Nipple confusion- infant refuses the breast or may have difficulty latching after being fed formula with a rubber nipple.

2. Reduced milk supply- Delay in mature milk "coming in " and may cause long term reduction in breast milk production from less breast stimulation

3. Sore nipples- mothers may become sore do to improper latch learned when infant is fed with artificial nipple.

4. Duration of breastfeeding shortened- Breastfeeding may be stopped sooner then planed due to complications associated with early introduction of formula or decreased milk supply.

The American Academy of Pediatrics, The Academy of Breastfeeding Medicine, The World Health Organization, UNICEF, and staff at Hill Country Memorial do not recommend the use of formula or rubber nipples UNLESS THERE IS A MEDICAL INDICATION. If short term supplementation is necessary we strongly recommend using an alternative feeding method such as a cup, syringe, or supplemental nursing system (SNS).

HCM
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How healthcare is supposed to feel

Mother's Signature: _____

Date: _____

Nurse's Signature: _____

Date: _____