



Exclusive breastfeeding - when possible - is recommended for the first 6 months of your baby's life and many women continue to breastfeed until 12 months or longer.

Infant benefits of breastfeeding:

- Breast milk is easier for babies to digest and it has the right amount of fat, sugar, water, protein and minerals needed for growth and development
- Breast milk contains antibodies that protect infants from respiratory infections, ear infections, gastrointestinal illnesses
- Breastfeeding reduces risk of type 1 and type 2 diabetes and childhood obesity
- Breastfed infants have lower risk of sudden infant death syndrome (SIDS)

Maternal benefits of breastfeeding:

- Women who breastfeed have lower rates of type 2 diabetes, high blood pressure and heart disease
- Breastfeeding burns approximately 500 extra calories per day which makes it easier to lose weight gained during pregnancy
- Breastfeeding may reduce risk of ovarian and breast cancer

Breastfeeding can be challenging and we recommend learning more about breastfeeding prior to delivery so you are prepared when your baby arrives. The Christ Hospital offers a breastfeeding class for expecting parents. For more information, please visit [www.TheChristHospital.com/ChildBirthED](http://www.TheChristHospital.com/ChildBirthED).

Insurance now covers a breast pump for each pregnancy. You can check with your insurance on how to obtain a breast pump or use one of these websites:

<https://pumpingessentials.com/>

<https://www.mommyxpress.com/>

<https://thebreastfeedingshop.com/>

You will be seen by the Christ Hospital lactation consultants while you are in the hospital. If you need additional outpatient breastfeeding support, that is also available through Christ Hospital. The cost is \$145 for an appointment, but this may be covered by your insurance with a referral. Appointments are available Monday through Friday 9am to 2pm and Saturdays and Sundays as needed. After you go home, telephone support is available by calling (513)585-0597 (Mt. Auburn), (513)648-7671 (Liberty), or by e-mailing [lactation@TheChristHospital.com](mailto:lactation@TheChristHospital.com). Cincinnati Children's Hospital also has lactation consultants available for outpatient breastfeeding support and the phone number is (513)636-2326. Additionally, your pediatrician office may have lactation consultants available.

Other Helpful Resources:

[www.firstdroplets.com](http://www.firstdroplets.com)

[www.womenshealth.gov/breastfeeding](http://www.womenshealth.gov/breastfeeding)

[www.mothersbaby.org](http://www.mothersbaby.org)

[www.kellymom.com](http://www.kellymom.com)