



the
**Chickasaw
Nation**

The Chickasaw Nation Medical Center

Women's CLINIC

ISHKI' INCHOKMISHTO'
(HEALTHY MOTHERS)

THE IMPORTANCE OF BREASTFEEDING



RISK OF SUPPLEMENTAL FEEDS

Supplemental feeding means giving formula in addition to, or as a substitute for breastfeeding. Feeding your baby breast milk exclusively is recommended because it:

- Maximizes your baby's protection against disease and infection
- Supplementing can reduce your milk supply
- Supplementing can cause baby to be less content with breastfeeding
- Breast milk contains all the nutrients needed for the first six months of life
- Lower risk of SIDS
- Fewer long-term health problems as your baby grows, such as diabetes and obesity

**If your provider medically advises supplemental feedings, and you are unable to obtain enough hand expressed colostrum (the first secretion from the mammary glands after giving birth, rich in antibodies), discuss alternative feeding methods and the appropriate amount needed based on your baby's age. To ensure our patients achieve their personal breastfeeding goals, the Women's Clinic team offers lactation and breastfeeding support to patients throughout their stay. Our International Board Certified Lactation Consultant (IBCLC) provides hands-on, individualized care on the weekdays and will ensure ample resources and contacts for use following discharge from the hospital. If you have questions or for more information, please call (580) 436-3980.*

ROOMING-IN

Your baby will stay in the room with you instead of spending the majority of their time in the hospital nursery. This allows you to develop confidence to care for your baby. More time together allows your baby to learn to recognize you. You will learn your baby's hunger cues and can feed them on demand. Rooming-in will prepare you to take your baby home and improve your breastfeeding experience. Make it a habit to sleep when your baby sleeps, even during the day. This will allow you to rest as well.