

# Breastfeeding:

## THE BEST START

The first year of your baby's life is important to determine their health in the future. Consider breastfeeding your baby for the many advantages it provides:

- Breastfed babies are less likely to get sick than formula fed babies.
- Some research suggests a reduced incidence of SIDS, diabetes, obesity and certain childhood cancers.
- Mothers lose pregnancy weight more quickly, have fewer female cancers and less osteoporosis.
- A large savings in the cost of bottles and formula.



At Cottage Health:

- Your nurses and lactation consultants have special training to help you feed your baby.
- Soon after birth, our goal is to help you hold your new baby skin-to-skin. This will help with bonding, breastfeeding and keeping your baby warm.
- We encourage you to breastfeed early and often, and to feed your baby whenever they seem hungry. This will help establish a good milk supply.
- Your nurses and lactation consultants will help and support you to breastfeed. They will teach you how best to latch and position your baby for breastfeeding.
- Your baby will be rooming-in with you in your room as much as possible.

### OTHER FACTS:

- For the first six months, most babies need only breast milk. If you feel your baby needs other types of feedings, please let your nurse or baby doctor know.
- Babies benefit from continued breastfeeding for up to a one year and beyond, even after you have started giving them solid food.

### A MOTHER'S CIRCLE

Free support and breastfeeding information offered at The Lactation Center (TLC)

Tuesdays, 3:30–4:30 pm

Women's Services Conference Room, Third Floor

Junipero Pavilion, Santa Barbara Cottage Hospital

### AN OFFICIAL

### BABY-FRIENDLY HOSPITAL

One of a select group of hospitals to meet the stringent requirements for Baby-Friendly designation, Santa Barbara Cottage Hospital is recognized for providing top-tier care to support breastfeeding mothers and their infants.

Adapted from "off to the best start," a parent leaflet from [www.unicef.org.uk](http://www.unicef.org.uk)