

Highlights from our *Caring Well* podcast:
Navigating Breastfeeding Challenges,
with Brooke Simmons, International Board Certified Lactation Consultant

Getting Started: From Pregnancy to the First Weeks

- Take a prenatal breastfeeding class if it's your first baby – hands-on practice builds confidence.
- In the hospital: wake your baby and feed often in the first 24–48 hours. This helps milk come in faster and reduces early weight loss.
- Expect milk to come in around day 3–5, though timing varies.
- Once home, remember: a relaxed mom = a calmer baby. Focus on comfort and creating a stress-free environment.
- If challenges come up, reach out for lactation support early – don't wait

Benefits of Breastfeeding

- For baby: lower risk of SIDS, ear infections, eczema, diarrhea, and more.
- For mom: reduced risk of type 2 diabetes, breast & ovarian cancer, high blood pressure.
- Breast milk customizes antibodies to fight off germs mom encounters – formula can't do that.

Emotional Side of Breastfeeding

- It's normal to feel pressure, guilt, or overwhelm.
- Any amount of breast milk is a win – your mental health matters too.
- Support systems should “mother the mother” – help with meals, laundry, pets, or siblings.

Nutrition & Hydration

- Drink to thirst 💧, aim for an extra 400–500 calories/day.
- Keep snacks handy while nursing.
- Don't stress over food rules – babies usually tolerate what you eat.

Feeding Tips & Myths

- Don't obsess over timing apps ⌚ – follow baby's cues.
- Colostrum (“liquid gold”) is packed with nutrition – even small amounts matter.
- Foremilk vs hindmilk: just let baby finish one breast before switching.
- Myths like “Oreos increase supply” aren't reliable – focus on overall nutrition and rest.

Pumps, Bottles & Milk Storage

- Insurance may cover pumps – always check!
- Introduce bottles around 2–3 weeks if you'll need them later.
- Fresh milk: 4 hrs room temp, 4 days fridge, up to 6 months in deep freeze ❄️.

Encouragement for Moms

- Every journey is unique – support looks different for every family.
- What matters most: bonding with your baby, not perfection.
- Reach out to trusted resources like KellyMom, Global Health Media, or IBCLCs for guidance.