



## Guide to Breastfeeding



*The heart and science of medicine.*

— THE —  
**University of Vermont**  
MEDICAL CENTER

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# Congratulations on your decision to breastfeed!

Research shows a number of benefits for both birthing parent and baby.

## **FOR BIRTHING PARENTS**

- Allows bonding time between you and your baby
- Decreases post-partum bleeding
- Lowers your risk of breast cancer and ovarian cancer
- Lowers your risk of obesity and heart disease
- By one month after delivery, mothers who breastfeed get more sleep than parents who formula feed
- Lowered risk of post-partum depression

## **FOR BABIES**

- Lowered risk of ear infections, diarrhea and life threatening infections
- Lowered risk of Sudden Infant Death Syndrome (SIDS)
- Lowered risk of developing asthma, allergies and diabetes
- Lowered risk of developing certain cancers, such as leukemia and lymphoma
- Lowered risk of childhood obesity

## What can I expect?

Every baby is unique and all parents have questions, here are some of the most common concerns that breastfeeding parents have.



### **BABIES LOSE WEIGHT, THAT'S OKAY!**

Babies can be expected to **lose 7-10%** of their weight after birth, they should return to their birth weight by 7-14 days old.

### **YOU MAY NOT MAKE A LOT OF MILK RIGHT AWAY, THAT'S OKAY TOO!**

It can take 3-5 days for your full milk supply to come in. Your body first makes a small amount of **colostrum** which gives your baby everything she needs for the first few days.

### **BABIES CAN FEED FOR A LONG TIME AT FIRST, IT GETS FASTER!**

Your baby is new to this too, babies get faster with practice. Help your baby have better feeds by keeping her awake during feeding, such as by massaging her, talking to her or lightly blowing on her face.

### **ALTHOUGH NATURAL, IT MAY NOT COME NATURALLY!**

Nursing is a wonderful experience, but it can be hard at first. If your goal is to breastfeed, always **ask for help!** You can start by getting comfortable and spending lots of time **skin-to-skin** with your baby.

### **MY BABY NURSES ALL THE TIME, IS SHE GETTING ENOUGH?**

It is normal for many newborns to **feed every 1-3 hours**. Newborns each follow their own schedule and tend to feed often overnight. Try to **sleep when the baby sleeps** and consider limiting daytime visitors so you and your baby can rest.

### **IS MY BABY GETTING ENOUGH? I CAN'T MEASURE IT!**

The best way to know if your baby is getting enough milk is to follow her weight and dirty diapers. **You can use the log on the back of this handout to keep track for the first week.** After the first week, babies usually have at least 6 wet diapers per day. The best way to know if your baby is getting enough milk long term is to follow her growth curve with your baby's doctor. **If you are ever concerned, always ask your baby's doctor.**



## When might my baby need supplementation?

Your doctor may recommend supplementation in the following scenarios, these are **uncommon** so ask your doctor before giving supplementation:

- Low blood sugar that does not respond to breastfeeding
- Too much weight loss
- Certain maternal infections, such as HIV
- Certain maternal medications, such as chemotherapy
- Metabolic disorders that require special formula

## Who are my supports?

- Your **bedside nurse** is available to help with breastfeeding and to answer any questions you may have.
- **Lactation consultants** are available to help in the hospital and after discharge. Ask your nurse or doctor if you would like to see a consultant.
- Your child's **pediatrician** or **family doctor**
- **Vermont Department of Health** and **WIC**  
[HealthVermont.gov/WIC/Food-Feeding/Breastfeeding/Resources.aspx](http://HealthVermont.gov/WIC/Food-Feeding/Breastfeeding/Resources.aspx)
- **American Academy of Pediatrics**: FAQs and advice from pediatricians  
[AAP.org/Breastfeeding/FAQsBreastfeeding.html](http://AAP.org/Breastfeeding/FAQsBreastfeeding.html)



## Breastfeeding Log for the first week

Use this log for the first week after your child's birth to keep track of your baby's feedings and eliminations. If your baby is not meeting the daily goal or is far exceeding it, please contact your pediatrician.

### Instructions:

Circle the hour when your baby nurses

Circle the W when your baby has a wet diaper

Circle the S when your baby has a soiled diaper

### FIRST 24 HOURS

Feeds	Goal (at least)
AM: 12 1 2 3 4 5 6 7 8 9 10 11	6-8
PM: 12 1 2 3 4 5 6 7 8 9 10 11	
Wet Diapers	W 1
Black, Tarry Soiled Diaper	S 1

### DAY TWO

Feeds	Goal (at least)
AM: 12 1 2 3 4 5 6 7 8 9 10 11	8-12
PM: 12 1 2 3 4 5 6 7 8 9 10 11	
Wet Diapers	W W 2+
Black, Tarry Soiled Diapers	S S 2

**DAY THREE**

Feeds	Goal (at least)
AM: 12 1 2 3 4 5 6 7 8 9 10 11	8-12
PM: 12 1 2 3 4 5 6 7 8 9 10 11	
Wet Diapers	W W W 3+
Green Soiled Diapers	S S S 3

**DAY FOUR**

Feeds	Goal (at least)
AM: 12 1 2 3 4 5 6 7 8 9 10 11	8-12
PM: 12 1 2 3 4 5 6 7 8 9 10 11	
Wet Diapers	W W W W 5+
Yellow Soiled Diapers	S S S 4

**DAY FIVE**

Feeds	Goal (at least)
AM: 12 1 2 3 4 5 6 7 8 9 10 11	8-12
PM: 12 1 2 3 4 5 6 7 8 9 10 11	
Wet Diapers	W W W W W W 6+
Yellow Soiled Diapers	S S S 4

**DAY SIX**

Feeds	Goal (at least)
AM: 12 1 2 3 4 5 6 7 8 9 10 11	8-12
PM: 12 1 2 3 4 5 6 7 8 9 10 11	
Wet Diapers	W W W W W W 6+
Yellow Soiled Diapers	S S S S 4

**DAY SEVEN**

Feeds	Goal (at least)
AM: 12 1 2 3 4 5 6 7 8 9 10 11	8-12
PM: 12 1 2 3 4 5 6 7 8 9 10 11	
Wet Diapers	W W W W W W W W 6-8+
Yellow Soiled Diapers	S S S S S S S S S S 4-12

## Vermont Lactation Resources

(\*Underline indicates LC covered by VT Medicaid)

**ZipMilk.org** — provider directory

**The Lactation Network** — [LactationNetwork.com](http://LactationNetwork.com)

Works with insurance payers to provide coverage for IBCLC services

### Chittenden County

- **UVM Medical Center Inpatient Lactation Consultants**  
802-847-5249 Monday-Sunday 8 am-8 pm
- **Visiting Nurses of Chittenden County (No IBCLC)**  
802-658-1900
- **In-home Lactation Consultants**
  - Mary Bibb, IBCLC**  
802-899-4845
  - Kristen Bird, FNP IBCLC**  
802-922-2568  
[kristen@babybirdlactationservices.com](mailto:kristen@babybirdlactationservices.com)
  - Chelsea Clark, RN IBCLC**  
802-363-3297  
[chelseavt@gmail.com](mailto:chelseavt@gmail.com)
  - Peggy Cohen, LM IBCLC**  
802-355-8509  
[peggysalvacohen@gmail.com](mailto:peggysalvacohen@gmail.com)
  - Judith W. Fayre, RN, IBCLC**  
603-568-8282  
[www.Judithfayre.com](http://www.Judithfayre.com)
  - Alice T. Gonyar, RN IBCLC**  
802-488-4333
  - Alicia Lamonda, LPN IBCLC**  
413-884-4259  
[Alicia@happybabyhappyhome.com](mailto:Alicia@happybabyhappyhome.com)
  - Leah Macaulay, PNP IBCLC**  
802-578-6800
  - Sally McFadyen, IBCLC**  
802-865-2562
  - Alice Norris, RN IBCLC**  
802-373-4956  
[norris.alice@gmail.com](mailto:norris.alice@gmail.com)

## Vermont Lactation Resources

**Lizzy Parah, RN IBCLC**  
802-370-7142

**Courtney Walker-Borch, FNP IBCLC**  
802-999-1895  
courtneywalkerfnp@gmail.com

**Emily Warner, RN IBCLC**  
thrivecommunitylactation.com  
thrivecommunitylactation@gmail.com

### Franklin County

- **In-home Lactation Consultants**

**Chelsea Clark, RN IBCLC**  
802-363-3297  
chelseavt@gmail.com

**Peggy Cohen, LM IBCLC**  
802-355-8509  
peggysalvacohen@gmail.com

**Alice T. Gonyar, RN IBCLC**  
802-488-4333

**Lizzy Parah, RN IBCLC**  
802-370-7142

**Courtney Walker-Borch, FNP IBCLC**  
802-999-1895  
courtneywalkerfnp@gmail.com

- **Franklin County Home Health (ask for IBCLC)**  
802-527-7531

### Lamoille County

- **In-home Lactation Consultants**

**Peggy Cohen, LM IBCLC**  
802-355-8509  
peggysalvacohen@gmail.com

**Alice T. Gonyar, RN IBCLC**  
802-488-4333

**Vicki (Sacco) Rich, RN IBCLC**  
802-888-3470

**Emily Warner, RN IBCLC**  
thrivecommunitylactation.com  
thrivecommunitylactation@gmail.com

## Vermont Lactation Resources

### Addison County

- In-home Lactation Consultants

**Peggy Cohen, LM IBCLC**

802-355-8509

peggysalvacohen@gmail.com

**Judith W. Fayre, RN IBCLC**

603-568-8282

www.Judithfayre.com

**Alice T. Gonyar, RN IBCLC**

802-488-4333

**Vicki Kirby, RN IBCLC**

802-236-4136

**Alice Norris, RN IBCLC** (Starksboro)

802-373-4956

norris.alice@gmail.com

**Emily Warner, RN IBCLC**

thrivecommunitylactation.com

thrivecommunitylactation@gmail.com

### Rutland County

- In-home Lactation Consultants

**Peggy Cohen, LM IBCLC**

802-355-8509

peggysalvacohen@gmail.com

**Alice T. Gonyar, RN IBCLC**

802-488-4333

**Lisa Kerns, IBCLC**

802-236-7946

**Vicky Kirby, RN IBCLC**

802-236-4136 or 802-948-2172

### Washington County

- In-home Lactation Consultants

**Central Vermont Home Health & Hospice** (ask for IBCLC)

802-223-1878

**Peggy Cohen, LM IBCLC**

802-355-8509

peggysalvacohen@gmail.com

**Alice T. Gonyar, RN IBCLC**  
802-488-4333

**Alice Norris, RN IBCLC** (Duxbury, Waterbury, Waitsfield)  
802-373-4956  
norris.alice@gmail.com

**Emily Warner, RN IBCLC**  
thrivecommunitylactation.com  
thrivecommunitylactation@gmail.com

- **The Center for Breastfeeding at CVMC**  
802-371-4415 or 802-371-4299

### **Orange County**

- **In-home Lactation Consultants**  
**Emily Warner, RN IBCLC**  
thrivecommunitylactation.com  
thrivecommunitylactation@gmail.com
- **Gifford Medical Center**  
802-728-2274

## **La Leche League**

Offering mother-to-mother support to women who want to breastfeed their babies, La Leche League helps families meet their breastfeeding goals through:

- Experienced breastfeeding leaders accredited by La Leche League International.
- Virtual and in-person meetings
- Creating a supportive community of breastfeeding families.
- Helping families learn about the ages and stages of breastfeeding.

### **La Leche League Meetings in Vermont:**

To find out more about the meetings, and La Leche League, visit [www.lllmarivt.org](http://www.lllmarivt.org)

- NE Kingdom
- Middlebury
- Essex Junction
- Montpelier
- Royalton
- St. Johnsbury

## Pasteurized Donor Human Milk

### **Vermont Donor Milk Center—802-276-0030**

Provides pasteurized donor human milk (with a prescription), lactation consults, and postpartum resources. Open 7 days by appointment. Essex Junction, VT.

**Website: [VTDonorMilk.com](http://VTDonorMilk.com)**

### **VT BREAST PUMP SALES AND RENTALS**

- **Lactation Resources of Vermont** – many VT locations  
802-878-6181 or 802-236-7946
- **Acelleron**— all counties  
877-932-6327  
[acelleron.com](http://acelleron.com)
- **Keene Medical Products** – many VT locations  
(Do not carry Symphony or Spectra pumps)  
802-863-2114
- **Lactation and Birthing Solutions**— Morrisville  
802-888-3470
- **Natural Beginnings** – Addison/Rutland counties  
802-236-4136
- **Corporate Lactation** – All counties  
888-818-5653
- **Aeroflow** – All counties



## New York Lactation Resources

- **CVPH Lactation Clinic**  
Monday-Saturday 9 am-4 pm  
518-562-7142
- **MOMS Program** (Medicaid eligible, no prescription needed)  
518- 873-3500
- **Alice Hyde Hospital, Malone NY** (Part-time IBCLC, CLC on every shift)  
518-481-2244
- **Saranac Lake Health Department**  
518-891-4471
- **Plattsburgh WIC Office**  
518-565-4835
- **Clinton County Health** (IBCLCs available)  
518-565-4848
- **Nature's Way Mother's Café**  
[babycafeusa.org](http://babycafeusa.org)

### Lactation Home Visits

- **Alice T. Gonyar, RN, IBCLC**  
802-488-4333
- **Laura Sigel, CLC**  
518-534-8773

### NY BREAST PUMP SALES AND RENTALS

- **Westside Medical Supply**  
585-227-8750 x 103
- **Byram Healthcare**  
877-902-9726  
[byramhealthcare.com](http://byramhealthcare.com)
- **Edge Park** [edgepark.com](http://edgepark.com)  
888-394-5375

## Helpful Websites for Feeding Information

### GLOBAL HEALTH MEDIA PROJECT BREASTFEEDING VIDEOS

- Short videos available in many languages. Videos on what to do about sore nipples, latch, cup feeding, hand expression



<https://globalhealthmedia.org/videos/breastfeeding/>

### STANFORD HOSPITAL NEWBORN NURSERY

- Videos on latch, hand expression, maximizing pumping



<http://med.stanford.edu/newborns.html>

### FIRSTDROPLETS.COM

- Website with videos to support the successful initiation of breastfeeding



<http://www.firstdroplets.com>

### TOM HALE INFANT RISK CENTER

- Information on medications and breastfeeding



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

### LACTMED

- Online database for drugs and medication use while breastfeeding



<https://toxnet.nlm.nih.gov/newtoxnet/lactmed.htm>

### **KELLYMOM.COM**

- information about almost everything you would want to know about breastfeeding, i.e. How much milk your baby might take from bottle if not feeding at breast, diet while breastfeeding, breastfeeding and working

<https://kellymom.com/>



### **BIOLOGICAL NURTURING**

- Laid Back position for breastfeeding, how to get a sleepy baby to breastfeed

<http://www.biologicalnurturing.com/>



### **THERAPUTIC BREAST MASSAGE – Maya Bolman**

- Therapeutic breast massage is a light massage technique that mothers can use to help relieve breast swelling and engorgement. It is a light sweeping touch, as if putting on lotion, in the direction of the armpit. You can use a lubricant like olive oil or do it dry.

<https://vimeo.com/65196007>



**GLEN & ROSEMARIE WRIGHT  
MOTHER BABY UNIT**

Baird 7  
111 Colchester Avenue  
Burlington, VT 05401

— THE —  
**University of Vermont**  
MEDICAL CENTER

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[UVMHealth.org/MedCenter](https://UVMHealth.org/MedCenter)