Making the decision to breastfeed is a special gift a mother can give her new baby. Although nursing is a natural instinct, it is a learned skill for both mother and baby.

Our Lactation Consultants are Registered Nurses specializing in Maternal Infant care and are certified through the International Board of Lactation Consultants. We are here to offer sensitive and supportive care to help you reach your breastfeeding goals.

We Provide:
- 7 day a week support with in hospital visits for all breastfeeding families
- Telephone consultation for breastfeeding issues/concerns after discharge
- Outpatient Lactation consultations available by appointment

New Mom’s group - This weekly get-together offers all new mothers and their babies the opportunity to share and network about life with your new baby! The group is led by an experienced Elliot Hospital Registered Nurse who is also an International Board Certified Lactation Consultant. Topics shared include feeding, crying, sleeping, relationships, and finding your new balance in life. Guest speakers are invited throughout the year. New Moms’ Group is a free and informal group and held every Wednesday from 11am - 1pm at The Elliot at River’s Edge.

Resources:
ePublications: “Your guide to Breastfeeding” and Breastfeeding fact sheet:
   www.womenshealth.gov/breastfeeding
*Back to work/The Affordable Care Act/ Know your rights
   www.womenshealth.gov/breastfeeding/going-back-to-work
<table>
<thead>
<tr>
<th>Baby's Age</th>
<th>0-24 hrs</th>
<th>24-48 hrs</th>
<th>48-72 hrs</th>
<th>72-96 hrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time feeding</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diaper Time feeding</td>
<td></td>
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</tr>
</tbody>
</table>

**Breastfeeding Log for Baby**

- Date of Birth: 
- Birth Weight: 
- 10% = 
- 20-24 Hrs: 48-48 Hrs: 24-48 Hrs: 0-24 Hrs: 

**How to wake a sleepy baby:**

- *remove infants's blanket and clothing*
- *place infant skin to skin and chest to chest with mother*
- *massaging infant's back, abdomen, arms and legs*
- *semi-reclined position*
- *place infant skin to skin and chest to chest with mother*
- *change diapers*

**Feeding Cues:**

- *sucking movements*
- *hand to mouth movements*
- *rapid eye movement*
- *sucking movements*
- *sucking sounds*
- *soft cooing or sighing sounds*
- *restlessness*
- *rapid eye movements*
- *crying is a late feeding cue*

**Daily Goals**

- 1 wet
- 2 wet
- 3 wet
- 4-6 wet
- 1 stool
- 2 stools
- 3 + stools

- 8 offerings/feedings
- 8 or more feedings