



Welcome to All Better Pediatrics!

We recommend that all infants be exclusively breastfed for the first 6 months of life, and continue to breastfeed for at least one year of life (unless a rare contraindication exists) for both the short and long-term health of both babies and mothers. This is in agreement with the American Academy of Pediatrics and all other major health organizations, including the Surgeon General of the United States. Support from your healthcare providers is important to your breastfeeding success and we will do everything we can to help you be successful in feeding your new baby. You can call on us 24/7 with any questions at (901) 761-1880.

Some tips to help you and your baby get off to a good start:

1. Attend a **Breastfeeding Class** at your birth hospital or elsewhere prior to giving birth.
2. Review the attached **reading materials and videos** prior to delivery.
3. Tell your OB provider that you want to put your baby **“Skin-to-Skin” immediately after delivery** if she/he is medically stable. (And continue holding your baby skin-to-skin as often as possible for improved milk supply and bonding.)
4. Ask to **keep your baby with you for at least the first hour of life, until your baby has the first feeding**. He/she knows how to do this instinctively! (Check out this amazing newborn video... [www.Breastcrawl.org/Initiation](http://www.Breastcrawl.org/Initiation) of Breastfeeding)
5. **Plan to “Room In” with your baby**. That means, do not send your baby back to the nursery at night or during the day. You will learn your baby’s feeding cues more quickly while you are in the same room together and you can feed your baby on demand whenever he/she seems hungry (at least 8-20 times per 24 hours). You can call your nurse anytime if you need help. Lactation consultants are available at area birth hospitals to help and nurses are also trained to help.
6. **Do not give your baby a pacifier** in the nursery and at least for the first month of life until breastfeeding is well established. Pacifier use has been documented to reduce the duration of successful breastfeeding. Do not use artificial nipples or formula unless ordered by your baby’s doctor, as this may disrupt your milk supply and affect the baby’s developing gut and immune system.
7. Ask the hospital staff to **show you how to express your milk** by hand and with a pump if you are separated from your baby.
8. **Do not accept the Hospital Discharge Bag** if it contains formula or formula coupons. This practice has been documented to reduce the duration of successful breastfeeding.
9. Return to our office within 48 hours of hospital discharge for your baby’s first check-up. Bring your feeding and output log with you to that visit, and **make a note of the baby’s discharge weight**.
10. **Review the community resources** available to you (Attached).
11. Call us if we can help – (901) 761-1880.

## Reading Materials

**Your Guide to Breastfeeding** – Office of Women’s Health <http://www.womenshealth.gov/breastfeeding>  
**New Mother’s Guide to Breastfeeding** – AAP (AAP Bookstore \$13.95)

## Social Media

**Text4Babies** <http://text4baby.org/> - Free text messages – Text BABY to 511411

**Facebook:** Shelbycountybreastfeeding coalition, BreastfeedingmomsofMemphis, LLL Memphis, All Better Pediatrics, Babywearing International of Memphis

**Twitter:** Breastfeed4Baby

## Hotlines

**TN Breastfeeding Hotline 855-423-6667 24 hours 7 days a week**

Office of Women’s Health, DHHS, Breastfeeding Hotline 1-800-994-9662 M-F 9am to 6 pm ET

## Local Lactation Help

All Better Pediatrics	901-761-1880
Baptist Women’s Lactation	901-227-9620
Baptist DeSoto Lactation	662-772-3296 or 772-2871
Germantown Methodist Lactation	901-516-6893
Methodist South Lactation	901-516-3475
LeBonheur Children’s Lactation	901-287-5559 or 287-5311
St. Francis Park Hospital Lactation	901-765-1761
St. Francis Bartlett Lactation	901-820-7555
The Med Lactation	901-545-7736
WIC Breastfeeding Support	901-222-9847

<https://www.tn.gov/content/tn/health/health-program-areas/fhw/bf/tennessee-designated-breastfeeding-experts.html>

La Leche League: Memphis - Jenn - 901-614-0328 or [LLLMemphis@gmail.com](mailto:LLLMemphis@gmail.com)

Olive Branch - Karin - 891-941-0112 or [belcantomom@gmail.com](mailto:belcantomom@gmail.com)

## Online Videos

Breastcrawl.org Initiation of Breastfeeding

International Breastfeeding Centre (Dr. Jack Newman) [www.ibconline.ca](http://www.ibconline.ca) videos & info sheets

Stanford Medicine/Newborn Nursery: <https://med.stanford.edu/newborns/professional-education/breastfeeding>

Breastfeeding in the First Hour -- Early Initiation of Breastfeeding -- A Perfect Latch

Hand Expressing Milk -- Maximizing Milk Production

Latch and Breast Massage Video [www.bfmedneo.com](http://www.bfmedneo.com)

## Insurance Covered Breastpump

Check with your insurance company before the baby is born about how to receive your pump. Questions to ask:

When can I get the pump?

What type of pump can I get?

Do I have to get the recommended pump?

Can I submit a claim for reimbursement?

Will I need a prescription/order from my OB?

Where can I get the pump?

## Possible websites to order pump

[www.Aeroflowbreastpumps.com](http://www.Aeroflowbreastpumps.com)

[www.Bryamhealthcare.com](http://www.Bryamhealthcare.com)

[www.edgepark.com](http://www.edgepark.com)

[www.medelabreastfeedingus.com](http://www.medelabreastfeedingus.com)

[www.yummumumystore.com](http://www.yummumumystore.com)

[www.insurancecoveredbreastpumps.com](http://www.insurancecoveredbreastpumps.com)