

# We Support Breastfeeding

NewYork-Presbyterian Queens and our staff recognize and support the right of all parents to make informed choices about infant feeding for their newborn baby.

Breastfeeding is a natural way to feed your baby and has both short and long-term benefits for mother and baby. We hope you find this information helpful in learning to breastfeed and establishing a successful breastfeeding experience.

## Preparation and Support

There is no special preparation required for breastfeeding, but learning about breastfeeding and its benefits can help with your confidence. Almost all women are able to produce Mother's milk, but breastfeeding is not always easy. Patience and time to learn are required. Support from family, particularly partners, is important and can make a big difference in helping you breastfeed your baby. Remember that any amount of Mother's milk is better than none.

## The American Academy of Pediatrics (AAP)

The American Academy of Pediatrics (AAP) recommends "exclusive" breastfeeding of your infant for the first six months of your baby's life. Mother's milk is the best food and drink for your baby and has everything a baby needs for those first six months. The word "exclusive" means giving your baby your breast milk, and nothing else until solid foods start at about six months or as recommended by the pediatrician (baby's doctor). The AAP also recommends that you should continue breastfeeding your baby until one year of age. After your baby turns one, you can choose to continue breastfeeding your baby for as long as you and your baby desire.

## NewYork-Presbyterian Queens

56-45 Main Street  
Flushing, NY 11355

[nyp.org/queens](http://nyp.org/queens)

## Breastfeeding Help and Support

NewYork-Presbyterian Queens  
718-661-7660  
Email: [breastfeed@nyp.org](mailto:breastfeed@nyp.org)

## QUEENS-WIC Centers

### Astoria

12-26 31st Avenue  
Astoria, NY 11106  
718-726-5816

### Corona

103-24 Roosevelt Avenue, 3rd Floor  
Corona, NY 11368  
718-335-7563

### Flushing

42-60 Main Street  
Flushing, NY 11355  
718-961-6381

### Jamaica

90-40 160th Street  
Jamaica, NY 11432  
718-526-4633

### Ridgewood

55-05 Myrtle Avenue, 3rd Floor  
Ridgewood, NY 11385  
718-381-8343

## Growing Up Healthy Hotline

1-800-522-5006

## La Leche League US Hotline

1-877-452-5324  
English and Spanish  
[www.LaLecheLeague.org](http://www.LaLecheLeague.org)

## US OWH (Office of Women's Health) Hotline

1-800-994-9662  
English and Spanish  
Hours: Monday - Friday 9am-6pm EST  
[www.womenshealth.gov/breastfeeding](http://www.womenshealth.gov/breastfeeding)

# Breastfeeding Support and Benefits



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# The Benefits of Breastfeeding

Since breastfeeding is the most natural way to feed, there are mutually beneficial aspects to breastfeeding for both mother and baby. Some of those benefits are listed below in an effort to help you make informed choices about feeding.

## Benefits for the Baby

- Mother's milk is easier to digest
- Mother's milk contains antibodies that fight infections and other factors that promote brain and gut development
- Breastfed babies are less likely to get infections and have a lower risk of developing:
  - Asthma
  - Ear infections
  - Respiratory infections
  - Diabetes
  - Obesity
  - Some Cancers
  - SIDS (Sudden Infant Death Syndrome)

## Benefits for the Mother

- Less bleeding after delivery
- Helps you to relax (stress reduction)
- Lowers the risk of breast and ovarian cancer
- Lowers the risk of diabetes
- Bonding with the baby
- May help you to return to your pre-pregnancy weight faster

**“Thank you for choosing us. We wish you and your family happiness and health with your newborn baby.”**

The Staff at  
NewYork-Presbyterian Queens

## You and Your Baby: The First 24 Hours

The first day with your newborn baby is very exciting and can be exhausting. Here is some information for mother and baby to help with the transition.

### Skin-to-Skin Contact

Your newborn baby is dried and placed naked on your chest with a blanket covering your baby's back immediately after birth to:

- Keep your baby warm
- Calm you and your baby
- Initiate the importance of bonding
- Help get breastfeeding off to a good start



### Rooming-In

Your newborn baby is in the same room with you, 24 hours a day, to assist with:

- Learning to care for your baby and yourself with the assistance of the staff
- Seeing your baby's feeding cues
- Allowing you to breastfeed your baby on-demand, at least 8-12 times in 24 hours, until your baby is satisfied



### Feeding Cues

Your baby will use feeding cues to tell you when they are hungry and ready to eat. Breastfeeding when you see feeding cues is called breastfeeding “on-demand” and can be identified by the following:

- Sucking on hands
- Moving mouth
- Smacking lips



Feeding your baby on-demand will help you make a lot more breast milk for your baby, and your baby will be more satisfied.

## Breastfeeding

You should be comfortable when you are breastfeeding your baby, feed by a cue (on-demand) and position and attach (latch on) your baby properly.

### Most Popular Breastfeeding Positions

*Photos courtesy of NYC Department of Health and Mental Hygiene.*



Cradle or Cuddle Hold



Side-lying Position



Football Hold



Cross-cradle Hold

### Pain Management During Labor and Delivery

At NewYork-Presbyterian Queens, we offer both pharmacological and non-pharmacological interventions that can help patients with pain during labor and delivery.

**Non-pharmacological** pain relief methods include deep breathing, positioning, massage, imagery and music therapy. **Pharmacological** pain relief methods include narcotics, regional anesthesia such as epidural anesthesia, and general anesthesia.

Further information is available on your pain management options through your healthcare provider, physician and at your childbirth class.