



UNITED TRIBES
TECHNICAL COLLEGE
LAND GRANT EXTENSION

NUTRITION EDUCATION

Breastfeeding: Good For Mom, Too!



The benefits baby receives from breastfeeding are mentioned often. They include fewer illnesses and digestive problems.

But, people might not know the many benefits that a mother can also receive from breastfeeding her baby.

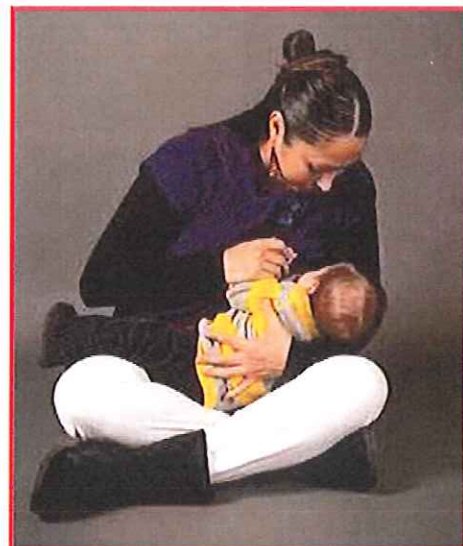


As a new mother, your number one job is to care for your baby

Permission Poem

*Cleaning and scrubbing can wait 'til tomorrow
'cause babies grow up, we've learned to our sorrow.
So quiet down cobwebs, dust go to sleep.
I'm nursing my
baby and babies don't Keep!*

- Breastfeeding is a fulfilling experience.
- Breastfeeding builds strong family bonding & attachment.
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- Breastfeeding is the first family meal.
- Breastfeeding saves time & money - at least \$1500 in the first year.
- Breastfeeding increases confidence in mothering.
- Breastfeeding reduces natural fears about being a new mom.
- Breastfeeding helps mom return to her pre-pregnancy weight sooner.
- Breastfeeding decreases postpartum bleeding and supports reproductive health.
- Breastfeeding protects mom from osteoporosis, heart disease and breast or ovarian cancer.



HELP! It's okay to accept help from others.



Support for a mother is essential to successful breastfeeding. Years ago, new mothers were hovered over by the women of the village. Remember that your priority should be feeding your baby.

Household chores and errands can wait. House work, food shopping and care of older children make good temporary jobs for those who offer help. Besides family; professional helpers include WIC, UTTC Extension Nutrition Educators (255-3285 Ext 1504), local public health and breastfeeding partnership <http://www.gotmomma.com/>.

NUTRITION TIPS FOR MOM

All mothers want the best for their babies. Think about feeding yourself well and it will make feeding your baby easier. A family's future health depends on the food eaten throughout life.

Some general advice:

- Eat often, eat what you like, and eat until you are full.
- Choose a variety of foods during meals.
- Include healthy snacks between meals (fruit, veggies, whole grain crackers, or cheese).
- Drink plenty of fluids. Try a glass of water, juice or milk for mom each time baby nurses?
- To prevent constipation and fight disease women need fiber. Eat fruits, vegetables, whole grains and dried beans.
- A woman's bones need calcium. Cow's milk, soy milk, yogurt, cheese, canned salmon or sardines with the bones, almonds and broccoli give calcium.
- Up to 3 cups or 24 oz. of caffeinated beverages (coffee, tea, soft drinks, etc.) per day is okay.

EXERCISE TIPS FOR MOM



All mothers want to feel good and provide for their baby. Tiredness is normal. Exercise produces chemicals in the brain to help Mom and all family members to be productive and happy.

Some general advice.

- Listen to your body. No one knows how you feel. Do what you can.
- Moderate exercise during breastfeeding is safe and beneficial.
- If you feel tired, use one of baby's naps as your rest time.
- Increase your activity slowly to get back to your pre-pregnancy activity level.
- Start with walking. Put your baby in a stroller or baby carrier and gradually increase the number of minutes you walk. Outdoor air and sunshine is important for baby and you!
- Gradual weight loss is best. Losing about 1 pound per week is healthy and does not affect milk production.

UTTC students and staff should contact UTTC Extension Nutrition Educators to discuss UTTC's Baby to Work or Class & Breastfeeding Pumping Policy. UTTC is a designated "Infant Friendly Workplace" www.ndhealth.gov/breastfeeding

