

HUMBLLED BY MOTHERHOOD

3 THINGS YOU *must*
KNOW BEFORE

breastfeeding

THE PRE-BASICS

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WHAT ARE

pre-basics?

the basics before... the basics



hey!

Dairian here,

Just wanted to drop a quick note in here.
I'm a working millennial mom of one (for now ☺)
Wife to a bearded man, and
Passionate about breastfeeding and postpartum care.

I've been breastfeeding for 20+ months and here to share the REAL. Sure, the free hospital class will teach you a few things, but it's just honestly not enough.

Breastfeeding is more than how you hold the baby and getting a good latch.

The appropriate expectations will definitely make the difference in how you approach the journey.

Hope this helps. If you're looking for more, feel free to contact me, dairian@humbledbymotherhood.com

#1

commitment

COMMITMENT

Every other journey in life starts with a commitment.

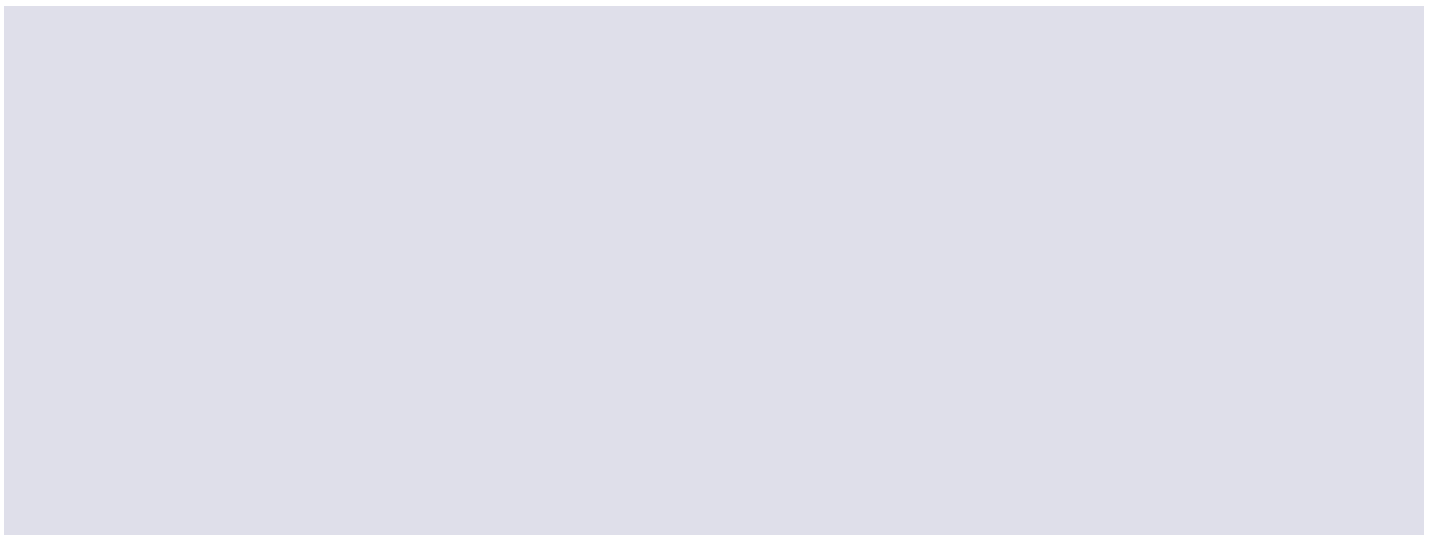
Marriage. Exercise. Religious. Weight loss.

Breastfeeding requires commitment.

It's easy to get caught up in the extra fluff, the pillows, and the teas, and the cookies, but it's unnecessary.

Making the upfront commitment is ensuring you build a strong foundation for your breastfeeding journey.

Why are you committed to breastfeeding?



...but Dairian, how do I even know if this is the right decision for me?

Do. Your. Research. That's how.

COMMITMENT

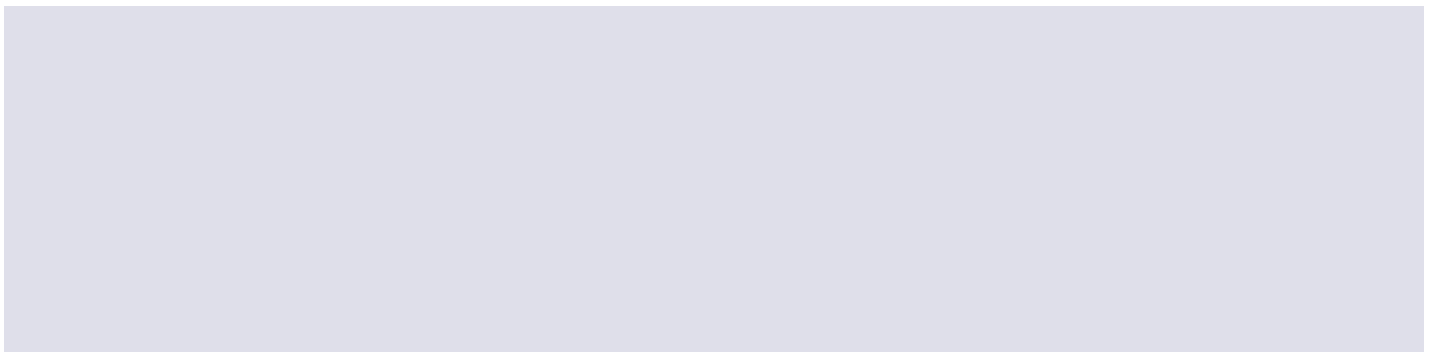
Every person is different, so there's no way for me to know what is most important to YOU.

All breastfeeding classes (should) cover the basics, but the depth of each topic will vary. So, you still may be left to do research on your own.

Find credible sources: My favorite → www.kellymom.com

YOUR milk is ideal for YOUR little human. Breastfeeding is more than just giving your baby breastmilk, it can be a lifestyle adjustment. So to make an informed decision, you have to know the good, the not so good, and the in between.

Name one good thing about breastfeeding and one not so good thing that you can foresee in your future?



Well what can be not so good? Going back to work or school? Finding support from friends and family? Maintaining a social life?

All of these things can be accommodated.

You can't go into this thinking it's going to be cupcakes and gumdrops. Breastfeeding is a skill that you and baby both learn. Issues may arise, but once you've made that commitment to yourself and your baby, it will give you the motivation to continue during any rough patches.

planning

#2

MAKE A PLAN

Once you've made a commitment, you need a plan. If you want to lose weight, you would look at how to change your eating habits and incorporate exercise in your lifestyle. Similarly, if you want to breastfeed, you want to set up things to increase your success.

Step 1: TAKE A BREASTFEEDING CLASS

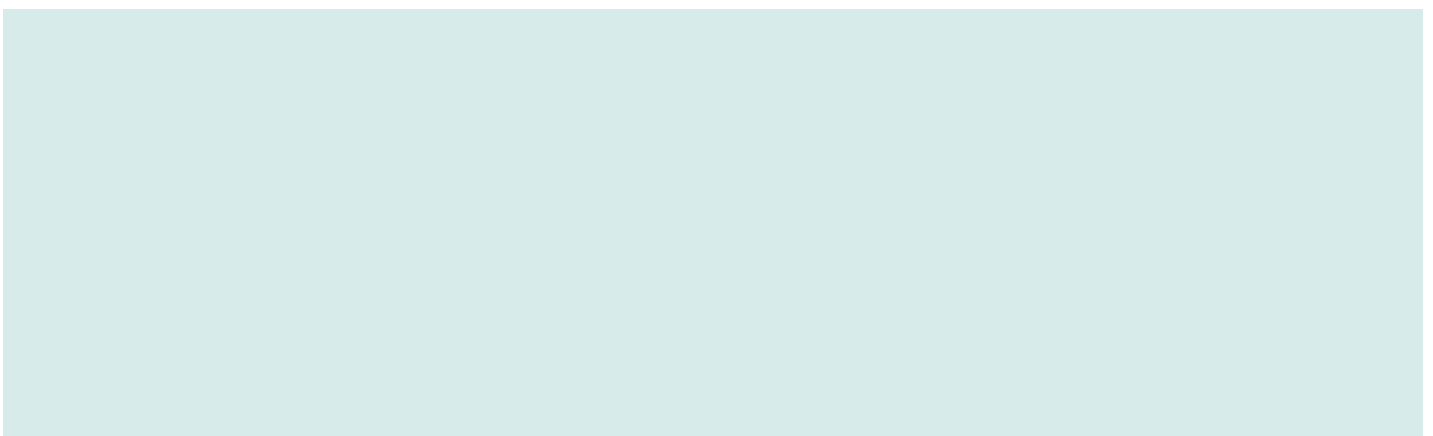
Most hospitals will offer a free class. You will have to decide if this is sufficient. Most classes will be 2-3 hours long and cover the basics such as how to position the baby, how to latch baby to the breast, anatomy of the breast, and physiology of milk production. These are non-negotiables.

A great class will also cover how to prevent common issues such as sore nipples, pumping, how to maintain milk supply, and how to integrate breastfeeding into your lifestyle.

You cannot bank on hospital staff to educate you **after** you've had your baby. Nurses have multiple patients to care for and lactation consultants are not always available, especially in the late nights/early mornings.

Taking a class will save you money. Yes, you read that correctly. This will save money in the long run. Having a lactation specialist come to your home can range from \$200-\$400.

Make a list of education resources in your area:



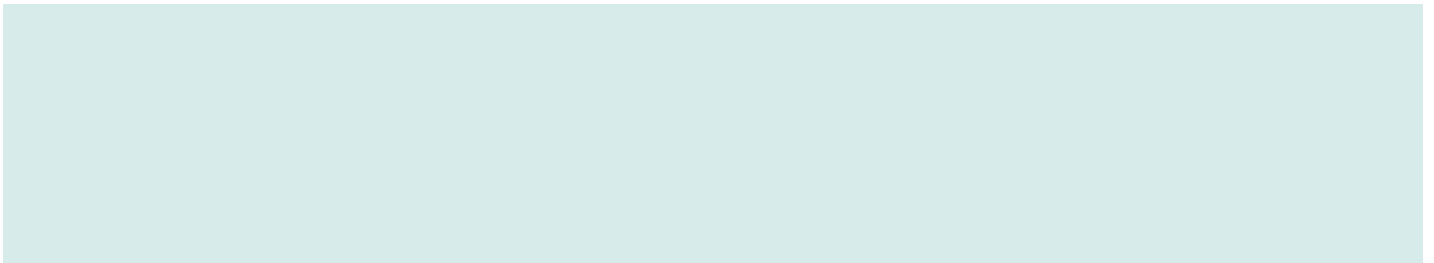
MAKE A PLAN

Step 2: SET A GOAL

According to the American Academy of Pediatrics and the World Health Organization, babies should be **exclusively** breastfed for a **minimum** of 6 months, continued to be breastfed for a minimum of 1-2 years, and continued for as long as mutually desired. Natural weaning age is 2.5-7 (yes 7).

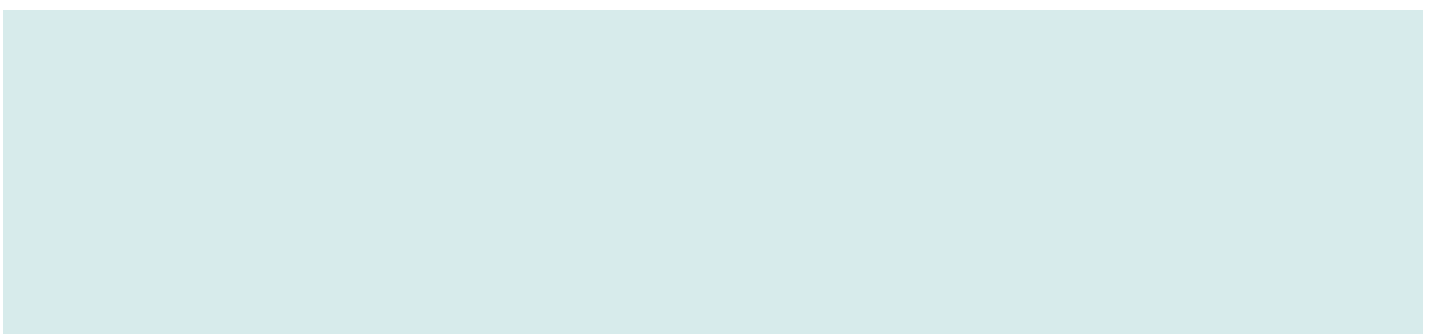
As a health professional, I'm kind of obligated to say that. However, You can start small, big, or anywhere in between. Whatever works for you. Really reflect on your personal situation. Take into consideration your lifestyle such as if you plan to go back to work or school and your childcare options.

Write some of your goals below:



How will you reach these goals? Think about what support systems you have in place to provide encouragement. Are there any local support groups or lactation specialist?

I will reach this goal by (ex. Making a plan for immediately after birth and home, limiting visitors, hiring help, etc.)



simplicity

#3

KEEP IT SIMPLE

All things breastfeeding can be kept simple. It's like breastfeeding minimalism. Not sure if that is a real thing, but it should be.

You do not need special teas or cookies to make your milk "come in" (that's not even a real thing ☹️) and you definitely don't need pills or pink drinks to make your supply increase.

That's all a lie.

If you aren't following the basics of demand and supply (yes, you read that correctly), nothing will increase your milk supply. You have to "move milk to make milk". Period.

If the plan is simple, you are more likely to stick to the plan.

So keep the plan simple. If you need to pump because you're going back to work, then talk to other moms that have actually have a POSITIVE experience and get tips and tricks. Or take a class.

If you can keep breastfeeding simple, it will be easier to reach your goals while keeping up with your current lifestyle.

The more educated you become on **normal infant behavior**, the more everything will make sense.

KEEP IT SIMPLE

my recommendations:

Have useful visitors → do something helpful, not just hold the baby

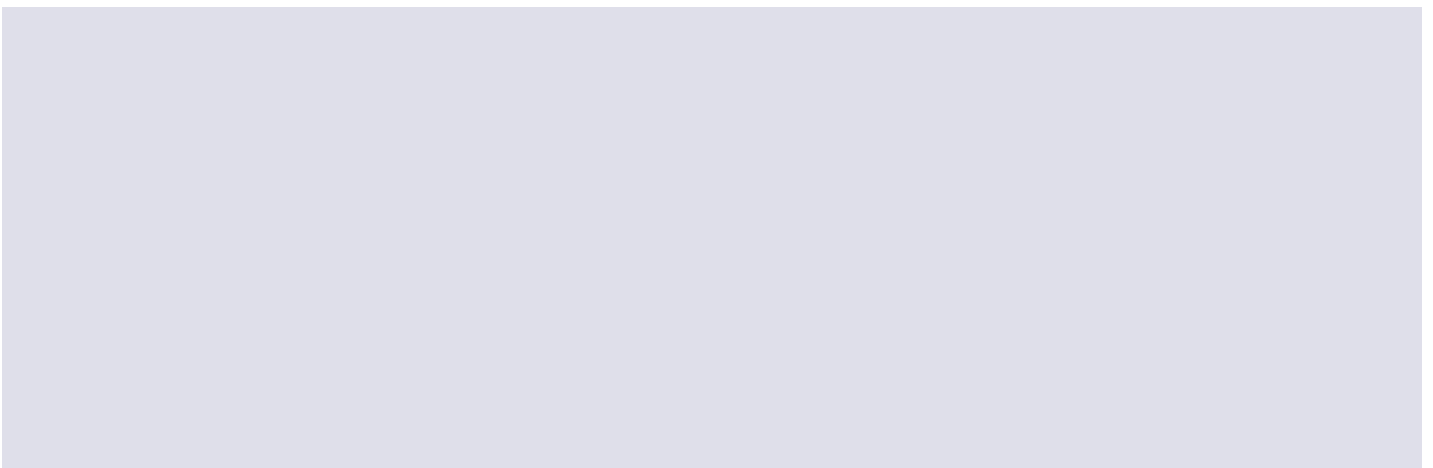
Watch the baby not the clock → ditch the feeding schedules

(obviously unless medically necessary)

Keep the baby on the boob → You have to move milk to make milk

Stay educated → prevent issues and make informed choices

What are ways you can simplify breastfeeding?



Hope this helps!

If you're still looking for more resources
you can shoot me an email at
dairian@humbledbymotherhood.com

Don't forget to check the website for
new workshops and classes.

www.humbledbymotherhood.com