

Breastfeeding Information

How often should I breastfeed?

Encourage your baby to feed at least every 3 hours, counting from the start of a feed to the next start. Your baby may feed as soon as 1 hour after finishing—shorter, more frequent feeds are beneficial for mom and baby in the first several days. If your baby is over 6 pounds, your baby may sleep for a 6 hours stretch at night.

How long should I breastfeed?

Your baby may nurse 5 to 30 minutes per breast or longer, if baby desires. Offer the second side as baby's choice—feed or save, then switch and start the next feeding on that second side.

Twins: One baby nurses on one breast per feeding, 10-40 minutes or longer, switch breasts per 24 hours.

What is a correct latch?

You will feel pulling, suction, pressure, and at first it may be uncomfortable, but not be painful and should feel comfortable as baby begins to consistently suckle. Watch for your baby's cheeks to puff out, with both top and bottom lips *flanged out like a fish*, notice TMJ or jaw joint movement—you should see baby's jaw open wide, pause slightly then close. Use one hand supporting your breast and one hand around the baby's neck while learning. Maintaining a constant and firm but not painful breast squeeze during suckling helps the milk flow. When the baby pauses, gently encourage baby to begin suckling again by pumping your breast with your hand.

Am I producing milk?

It takes most women 50 to 75 hours (up to 3 days) after childbirth for the breast milk to switch from teaspoons of wonderful colostrum to ounces of transitional breast milk. Within 5 to 12 days you will be producing "mature" breast milk. When the baby feeds and the breast is stimulated, prolactin causes milk production and oxytocin causes the milk to eject from your breast and flow. You may feel sleepy, thirsty and relaxed as you breastfeed. During the first seven days or so, you will notice either a "gush" of vaginal bleeding and/or your uterus cramping as your colostrum/milk flows to your baby. After seven days, you will actually feel your breast milk flowing.

How much should I drink?

Drink enough fluids, particularly water, to satisfy thirst. Sip 1 to 2 large glasses of liquid with every breastfeeding or pumping session unless fluids are restricted by your physician.



Is my baby getting enough?

Keep a log and measure what is coming out. Monitor baby's output by counting urine and stools. Call baby's pediatrician and contact a lactation consultant if below expected amounts.

If you have a maternal history of breast reduction or breast surgery, previous poor milk supply, minimal breast changes during pregnancy, use of nipple shield, large blood loss, hormonal imbalance, Polycystic Ovarian Syndrome, or baby with weight concerns or inadequate output:

- Pump both of your breasts after every feeding with electric breast pump & double set up for 10-15 minutes until milk volume is well established (usually by 2 weeks)
- Feed pumped breast milk to baby after nursing via baby cup or bottle (mother's choice)
- We suggest the Avent bottle™ and 0 or #1 Avent nipple™ if bottle is preferred
- Moms may use formula for supplement if you choose, but supplementing with your own pumped milk is the best recommendation

If you baby has a weak suck, tongue thrust, is unable to latch or stay latched, or is a very sleepy baby, finger-suck training can help – (in the hospital) use hospital bottled sugar water (D5W) or (at home) 1 pinch of sugar in 1 cup very warm tap water

- Interest: Stimulate your baby's interest by dabbing sugar water on baby's lips and wait for the baby to actively lick his/her lips, re-dab as needed
- Practice: Baby practices by sucking on parent's clean finger dipped in the sugar water— nail short, positioned down on baby's tongue, no nail polish
- Transfer: After baby has a vigorous sucking pattern on the finger, dab the nipple with sugar water and gently transfer baby to the breast and breastfeed your baby

Main Line Health Breastfeeding Mothers Groups

Bryn Mawr Hospital

Conference Room F, 2nd floor, E wing
Every Thursday from 2 pm – 3 pm
Terry Sanborn RN, BS, IBCLC, CIMI will be leading the discussions each week.
Meet other breastfeeding mothers and weigh your baby.

Lankenau Hospital

Health Museum (inside main entrance)
Every Monday from 2 pm - 3 pm
Mickey Kent RN, BS, IBCLC will be leading the group.
Receive support for feeding, caring for your baby and safety tips.

Paoli Hospital/Ludwig's Corner

Henrietta Hankin Library Community Room
215 Windgate Drive, Chester Springs
First & Third Tuesday 2 pm – 3 pm
Elizabeth Ricci, RN, MS, IBCLC will be leading this group. For information for this group, please call Outpatient Lactation Services at 484-565-8075.
Weigh your baby while meeting other breastfeeding mothers.

There is no charge for any group and no reservations necessary, so please come and enjoy! Feel free to bring a beverage and a snack.

For all groups, in case of inclement weather call 484-337-8155 for possible cancellation.

Lactation Consultants

Listed are private practice board certified lactation consultants whose names are made available to you, though not sponsored by Mainline Health and are available for lactation consults on a fee for service basis.

Bala Cynwyd

Johanna Berger
610-308-6925
The Main Line, Philadelphia & Delaware Co.

Chester County

Liz Loeper
June through August only
610-873-4809

Downingtown

Wee Care
610-873-7496
Chester Co. & Route 100 corridor

Doylestown

Geri Remy
267-342-1354
Bucks & Montgomery Co.

Drexel Hill

Penny Soppas, MD
610-623-9080, hit 108 to schedule
Office only: Drexel Hill Pediatrics

Elkins Park

Nikki Lee
215-635-6477
Cranio-sacral therapist
Montgomery Co., Bucks Co. & Philadelphia
www.breastfeedingalwaysbest.com

Glenside

Breastfeeding Resource Center
215-886-2433
Office only: N. & NE. Philadelphia, Montgomery & Bucks Co.
www.breastfeedingresourcecenter.org

Hatboro

Judy Crouthamel
215-674-8202
Montgomery Co., Bucks Co. & NE Philadelphia
www.breastfeedingalliance.com

Havertown

Lisa Mandell
610-517-9552
Delaware Co., Main Line Area & Philadelphia
www.best4both.com

Havertown

Linda Derbyshire
610-446-0184
610-316-9157
Delaware Co., Main Line Area, & Philadelphia

Hershey

Hershey Medical Center Careline
717-531-3754
Hershey area

Horsham

Hope Allyson Dwiggin
215-385-4657
Montgomery & Bucks Co.

Hulmerville

Vanessa Hahn
215-752-3806

Kennett Square

Suzanne Barton
610-444-4073
Chester & Delaware Co., Wilmington Area

King of Prussia

Amy Siegrist
484-919-1027
The Main Line, the 422 Corridor & surrounding areas

Langhorne

Susan Ann Slear
215-757-6006
Lower Bucks Co., Eastern Montgomery Co.,
NE Philadelphia

Malvern

NewBorn Concepts: Robin B. Frees
610-644-1379
Chester Co., The Main Line & the 422 Corridor Areas
www.newbornconcepts.com

Paoli

Outpatient Lactation Services (OLS) Paoli Hospital
Office only
484-565-8075

Philadelphia

Rachelle Lessen
215-590-4442
Office only: Children's Hospital of Philadelphia

Reading/Wyomissing

Holly Michelson
610-678-0575
Reading Area

Reading/Berks Co.

Cindy Griffis
610-378-2068
St. Joseph's Outpatient Lactation Services

Scranton

Diane Notari
570-969-7370
Office only

Sellersville

Phyllis Young
215-453-4594
Office & home visits

Skippack

Amazing Newborn Lactation Center & Boutique
610-584-6111
Office only
www.amazingnewborn.com

West Chester

Angela Leonard
610-399-3535
Delaware Co., Chester Co. & N. Wilmington
www.agentlestart.com

Wilmington, DE

Karin Di Santo
(w) 302-478-8854
(h) 302-478-4749
N. Wilmington areas

Womelsdorf

Breastfeeding Support Services
610-589-1137
Berks Co. & surrounding areas

Wyndmoor

Liz Brooks
215-836-9088
Montgomery Co. & Philadelphia

Yardley

Lisa Petrino
267-994-4513
Bucks Co., NE Philadelphia, & Mercer Co. NJ

*Call your health insurance carrier to check if a home lactation visit is provided for you after discharge.
Blue Cross customers call 1-800-598-BABY to arrange a lactation visit in your home, if provided.*

Pump Rental & Purchase Medela BabyWeigh Scale™

If in the hospital, please use check or credit card for pump rental transactions.

Abington

Breastfeeding Support Services
215-481-6106

Custom flanges available, rents Medela BabyWeigh Scales

Ardmore/Wynnewood

Joanne
610-649-7769

Free delivery to Bryn Mawr & Lankenau Hospitals
Custom flanges available, rents Medela BabyWeigh Scales

Ambler

Stacey
215-643-3291

Audubon/Pottstown

Diane
610-539-4476

*Custom flanges & SMB available, rents Medela
BabyWeigh Scales*

Berwyn, Paoli, Wayne

Mothers Supplies
Jennifer
610-254-8300*

www.nursingmothersupplies.com

Free delivery to Paoli & Bryn Mawr Hospitals
Custom flanges available, PUMP TEST SITE

Collegeville

Donna
610-409-5634

Doylestown

All Natural Baby
215-534-1371

Glen Mills/ West Chester

Laura
610-399-0742 or 610-368-3621 (cell)
StrattonsFarm@aol.com
Rents Medela BabyWeigh Scales

Glenside

Breastfeeding Resource Center
215-886-2433*

www.breastfeedingresourcecenter.org

Rents Medela BabyWeigh Scales

Hatboro

Judy
215-674-8202

www.breastfeedingalliance.com

Hershey

Hershey Medical Center Careline
717-531-3754

Horsham

Hope Allyson
215-385-4657

King of Prussia

Jennifer
610-416-3137 or 610-272-3828

*Custom flanges & SMB available, rents Medela
BabyWeigh Scales*

King of Prussia

Well Born Baby
610-551- 9398

Lafayette Hills

Jeannette
610-825-6352

Lancaster

Alicia
717-431-8946

*Custom flanges & SMB available, rents Medela Babyweigh
Scales*

**stocked with breastfeeding supplies for sale*

Langhorne

Susan
215-757-6006
Custom flanges available

Media

BirthMark
610-892-5051*

Morristown, NJ

Newborn Nurses
856-235-9111

Philadelphia

Children's Hospital of Philadelphia
267-426-5325
Rents Medela BabyWeigh Scales

Philadelphia

Solutions for Women, Pennsylvania Hospital
215-829-5046
Custom flanges available, rents Medela BabyWeigh Scales

Phoenixville

Kim
610-917-9797
*Custom flanges & SMB available, rents Medela
BabyWeigh Scales*

Pottstown

Wee Care at Pottstown Medical Center
610-327-7213

Skippack

Amazing Newborn
610-584-6111*
www.amazingnewborn.com

Valley Forge/King of Prussia

Amy
484-919-1027 or 610-878-9105

Wayne

Bellini Baby Store
Suzanne
610-964-1160

West Chester

Angela
610-399-3535

West Chester

Motherborn
610-299-1038

West Grove

Valerie
610-869-0217

Wilmington, DE

Karin
302-478-8854
Rents Medela BabyWeigh Scales

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Main Line Health

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Lankenau Hospital
Paoli Hospital