

Exclusive Breastfeeding

Your Milk and Nothing Else

Exclusive breastfeeding means that your baby gets all of his or her food and drink from breastfeeding. It is recommended your baby receives only your milk for 6 months.



Benefits of Breastfeeding

- ✓ Early milk (colostrum) is the perfect first food
- ✓ Provides antibodies to fight diseases
- ✓ Easy to digest = less cramping and gas for baby
- ✓ Always warm and ready to eat - nothing to buy
- ✓ May help mothers lose weight
- ✓ Lowers mother's risk for diseases

Your milk has everything your baby needs to grow strong and healthy.

And - it changes according to what your baby needs!



These conditions are more common in babies who are not breastfed

- ✗ Ear infections
- ✗ Diarrhea
- ✗ Pneumonia
- ✗ Asthma
- ✗ Diabetes
- ✗ Sudden Infant Death Syndrome
- ✗ Stomach problems
- ✗ Serious allergies
- ✗ Skin rashes
- ✗ Obesity
- ✗ Childhood cancers
- ✗ Heart Disease

Introducing Other Foods at 6 Months

Begin offering other foods to your baby after a full breastfeed when she is 6 months old. Breastfeeding through the first two years and beyond continues to be very beneficial for your baby's growth and development, and for both of your protection against diseases.



Childbirth

EDUCATION PROGRAMS

Intended to meet the needs of both first-time and experienced parents, programs cover a wide variety of topics to help prepare you for the birth of your baby. Classes are best taken during the seventh month of pregnancy, so be sure to register by your fifth month since they fill up quickly. Classes are taught on evenings and weekends by certified childbirth educators and board-certified lactation consultants.

Prepared Childbirth

\$95/couple

For first-time parents, this program, held as a four week-series or as a one-day class, helps to prepare expecting parents for the birth experience. Our instructors provide current, evidence-based information so that parents can make informed decisions. Class topics include the natural process of labor and birth, stages of labor, importance of the labor support person, coping strategies for labor pain, medications and epidurals, medical interventions, communicating with your healthcare provider, vaginal birth, cesarean birth, postpartum postpartum recovery and breastfeeding, and basic newborn information. A tour of the Maternity Unit is included.

Early Pregnancy class

\$25

This 1 ½ hour class is designed to give newly pregnant moms and their babies the healthiest start possible by providing information on the first few months of pregnancy including: physical and emotional changes, fetal development, prenatal care, nutrition and fitness, common discomforts of pregnancy, and warning signs/precautions. Even if you're not pregnant yet, please feel free to attend this class to learn valuable information and tips for the important early stages of the pregnancy. Your support person is welcome.

Childbirth Refresher

\$40/couple

For experienced parents, this program reviews the stages of labor, role of the support person, breathing and relaxation techniques, medication options, and sibling adjustment. Please note: A tour of the Maternity Unit is included during this class.

Calm, Confident Birth

\$50/couple

For expectant mothers (and their support person) who have already taken a Prepared Childbirth class. Explore the mind-body connection, discuss beliefs about birth, and address fears and concerns surrounding birth and/or parenting in order to help prepare women for the birth they desire. Program includes practicing breathing, relaxation (guided imagery), position changes and more. Includes a guided imagery CD.

Newborn Care

\$60/couple : \$10/grandparent

2 session class with updated content. Class 1 focuses on infant care using dolls for "hands-on" practice. Class 2 focuses on infant safety and includes infant CPR overview. Grandparents are welcome to register along with the expectant parents.

Maternity Unit Tour

Free

Visit labor and delivery, maternity, nursery and neonatal intensive care unit and have your questions answered by the instructor. Tours are offered two weeknights and one weekend day per month.

Prenatal Breastfeeding

\$40/couple

For expecting mothers (and their support person) planning to breastfeed. This program provides practical information helpful in getting breastfeeding off to a successful start. Topics covered include factors impacting milk production, correct latch and positioning, feeding schedules, and problem solving for a successful breastfeeding experience.

Pumping and Returning to Work

\$25

This 90 minute class is open to pregnant moms as well as moms with newborns. Support person is welcome. Topics include types of pumps, when to start pumping, establishing a pumping schedule, and women's right to express milk for baby while at work.

Sibling Class

\$25/family

For children ages 3-7 who are expecting a new sibling. This program addresses the child's role as the new big brother/ sister and the changes that may occur within the family. A brief tour of the Newborn Nursery and Maternity Unit is included.

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Registration in advance is required for all programs.

For more information or to register, call 610.738.2300

or visit ChesterCountyHospital.org/wellness.
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