



A Message from Our Lactation Consultants

Congratulations on your pregnancy! We are thrilled that you have chosen Center for Women's Health as your OB provider. Together our goal, as is yours, is that your pregnancy, delivery and post-partum period be happy and healthy.

Whenever there is a new baby on the way, there are many decisions to be made and so much to do to get ready for the baby's arrival. Most new moms consider how they are going to feed the baby. As the Lactation Consultants at CWH, we look forward to working with you and your baby to make this process as pleasant as possible.

UNICEF and the World Health Organization recommend that children be exclusively breastfed during the first six months of life with continuing to breastfeed while eating complementary foods for up to 2 years of life. The American Academy of Pediatrics also recommends exclusive breastfeeding for the first six months of life. They recommend that healthy infants should be placed on the mother immediately after delivery and to remain in direct skin-to-skin contact until the first feeding is accomplished, usually within the first hour after birth.

Your breasts have been preparing for pregnancy since your first period, and even before! Now that you are pregnant, the changes happen even faster and they are much more visible. You have probably noticed that your breasts are more tender and sensitive than they were during your periods. They are actually growing and changing rapidly now due to hormone changes. They will develop blue veins you can see and the areola (the colored area around your nipples) and your nipples will get darker and will stick out more. There are small glands on the areola you may not have noticed before called Montgomery Glands which are important for lubricating your breasts, to keep them moisturized, and help keep them clean. Before your baby is born, you may notice your breasts have some fluid coming from the nipples, which is perfectly normal. This is early milk called colostrum.

If you do not notice changes in your breasts, or you have always felt that your breasts were different, please discuss this with your doctor at your next office visit. Every woman notices these changes to different degrees.

During the second trimester of pregnancy, [The Womanly Art of Breastfeeding](#) (2010) suggests following a recommendation by Cheryl Chapman in [The Happy Breast Book](#). She is a nurse-massage therapist who advises every woman, especially women who are pregnant and breastfeeding, to move their breasts twice a day, every day. Just lean over from the waist, cup your breast in your hand and move it about – even inside your bra. She believes the benefits include improved lymph drainage which helps remove toxins and improve the immune system. This will also help in getting used to handling your breasts which is something many women are not accustomed to in our society.

Start preparing for breastfeeding during the third trimester. We recommend you be professionally fit, and purchase 2-3 good, supportive nursing bras. Nursing bras, or any bra, should have good support for your breasts and wide shoulder straps to decrease the pressure on your shoulders. Look for a deep band beneath the cups and adjustable closure. Back fastening bras give you more flexibility in adjusting than front closure bras. Avoid underwire bras, the underwire can contribute to plugged ducts and mastitis.

Good breast health includes an understanding of how your breasts normally look and feel. Breast self-awareness does not require you to examine your breasts every month or with a precise method. Instead, it focuses on having a sense of what is normal for your breasts so that you can tell if there are changes – even small changes – and report them to your health care provider. It is harder to notice problems during pregnancy because your breasts do have lumps and bumps as part of the changes getting ready for breastfeeding. If you are unsure of what you are feeling, talk to your doctor. If you notice that your nipples do not protrude much (flat nipples or inverted nipples), make sure to tell your doctor. It is important to notice this during your pregnancy and ask to talk with the Lactation Consultant in this office.

During pregnancy is a great time to learn more about breastfeeding and child care. There are some excellent books available. We recommend [What to Expect When You Are Expecting](#) for help, answers to many questions and encouragement during pregnancy. [What to Expect During the First Year](#) is also a good book to have on hand and to look through during your pregnancy. The Mayo Clinic has good books on pregnancy and the first year. The books by pediatricians Dr. William Sears and his son, Dr. Peter Sears, are considered excellent. For information specific to breastfeeding, we would suggest [The Womanly Art of Breastfeeding](#) by La Leche League, [Breastfeeding Made Simple](#) by Nancy Mohrbacher, and [Ina May's Guide to Breastfeeding](#) by Ina May Gaskin.

Good web sites on breastfeeding include:

www.llli.org La Leche League

www.breastfeedinginc.ca Dr. Jack Newman

www.kellymom.org Kelly Mom

As International Breastfeeding Certified Lactation Consultants, we look forward to assisting you with breastfeeding. Please call us at any time with questions or concerns. The Center for Women's Health generally schedules one day a week for appointments, but we are available every day for phone calls or emergencies. You can reach us by calling the same phone number you call to reach the clinic, 541-686-7007, and ask for the Lactation Consultant. We look forward to meeting you and your baby.