
Special Considerations

What happens if my infant has to go to the NICU? Can I still breastfeed?

- Yes, you can still breastfeed if your infant has to go to the NICU.
- If your infant is unable to nurse right away, please ask your nurse to get you a breast pump and teach you how to use it.
- Ask your NICU nurse for your baby's feeding schedule; pump after your newborn's feedings. That way when your baby can go to the breast, your body is on the same schedule as your baby.
- Don't skip pumping in the middle of the night. The prolactin level in your body is highest between midnight and 5:00 AM. Higher prolactin and more breast stimulation means more milk production!
- You can certainly pump at your baby's bedside in the NICU. Seeing your infant while pumping can help you get more milk.



The Maternal and Child Center of Penn Highlands Healthcare

Penn Highlands DuBois
100 Hospital Avenue
DuBois, PA 15801
814-375-BABY (2229)

Penn Highlands Elk
763 Johnsonburg Road
St. Marys, PA 15857
814-788-8558

www.phhealthcare.org/baby

FEEDING YOUR BABY

*Learning How To Breastfeed
What Do I Bring To The Hospital?
Support After Delivery*



Third Trimester



Learning How To Breastfeed

- After delivering your baby, the golden hour begins. This hour is for skin-to-skin contact between you and your new little one. Use this time to begin the first breastfeeding.
- Learn your baby's hunger cues. Examples of hunger cues include:
 - Rooting
 - Putting their hands to their mouth
 - Sucking motions with their mouth or smacking their lips
 - Crying is a late sign and may make it more difficult to latch the infant. If your infant is crying, calm them and attempt to latch them for their feeding.
- Plan to breastfeed your baby about 8-12 times in a 24 hour period.
- There are a few different positions that can be used for breastfeeding: cradle, cross-cradle, football and side-lying.
- Try not to give your baby a pacifier until breastfeeding is well established.
- Please ask your nurses for help. We are your support and resource team to help you be successful in breastfeeding.
- Drinking enough water will help your body make enough milk. It is important to drink 8-12 (8 oz.) glasses of water daily.
- Newborn Feeding Class is available the second Tuesday of every month from 6:00 PM - 7:00 PM in DuBois, call 375-INFO to register. Cost is \$10.



What do I bring to the hospital?

- Please bring your breast pump (if you have one), so you become comfortable with using it before you go home from the hospital.
- Nursing bras and a boppy pillow are also very helpful, but not necessary, feel free to bring these items with you to assist with nursing.

Support After Delivery

- Mom to Mom Breastfeeding Connection at Penn Highlands DuBois meets the first and third Wednesday of every month in the OB Conference Room from 11:00 AM to 12 Noon on third floor.
- Breastfeeding Education Group at Penn Highlands Elk is the second and fourth Tuesday at 10:00 AM at the Community Education Center in St. Marys.

Here to support you!