

Breastfeeding in the NICU

- Get help from nurses and lactation consultants before you leave.
- Pump when you're not able to breastfeed or to fully drain the breasts.
- It may start out challenging, but most babies will learn to breastfeed just fine.
- You may be able to breastfeed exclusively or you may need to pump and supplement.
 - Find support! Family, friends, breastfeeding meetings, and Facebook groups can be great sources of support!
- You may or may not have a breastfeeding friendly hospital. If you do not then you will have to be assertive about what your baby eats. This is sad, but true.
 - Use a pump to establish your production.
- Kangaroo care! This can be especially helpful for babies in the NICU.
 - Avoid pacifiers and bottles.
 - Be patient.
- Talk to someone! We know this is not the situation you have imagined. It can be extremely helpful during this stressful time to talk to someone.

