

Tips for New Moms

- Breastfeed your newborn shortly after birth and at least 8 times in 24 hours.
- Breastfeed your newborn every time he or she is hungry.
- Call a warm-line with any questions or concerns about breastfeeding.
- Do not give your baby infant formula before talking with a warm-line consultant. Feeding your baby infant formula may make a problem worse.



Did you know?

Rhode Island has passed laws to protect breastfeeding mothers:

- Mothers breastfeeding in public are excluded from disorderly conduct laws (1998)
- Employers should provide a breastfeeding mother with flexible breaks and a safe, clean, private place to pump breastmilk or breastfeed her child (2003)

Breastfeeding Resources

Family Health Information Line 1-800-942-7434

Bilingual answers to breastfeeding questions and referrals to local resources

Breastfeeding Resource Directory

www.health.ri.gov/topics/breastfeeding.pdf

Breastfeeding information and resources for Rhode Island mothers

Women, Infants & Children (WIC) 1-800-942-7434

www.health.ri.gov/family/wic/whatiswic.htm

Breastfeeding promotion and support in the Rhode Island WIC Program

La Leche League International 1-847-519-7730

www.lalecheleague.org

Support from other breastfeeding mothers by telephone or at local meetings

National Women's Health Information Center

1-800-994-WOMAN (9662)

www.4woman.gov/Breastfeeding/index.htm

Breastfeeding information and resources for mothers

Breastfeeding.com

www.breastfeeding.com

Breastfeeding resources, tips, advocacy, humor, shopping, pictures and chat rooms



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Tips and Resources for Breastfeeding Mothers



MAKE HEALTH PART OF YOUR FAMILY
RHODE ISLAND DEPARTMENT OF HEALTH

Signs that your baby may not be getting enough breastmilk

Call a breastfeeding warm-line if you notice any of these signs that your baby may not be getting enough breastmilk.

When your baby is 4 days old, call a warm-line if:

- Your baby has lost weight at the first medical visit after hospital discharge
- Your baby still has black, tarry stools
- Your baby has fewer than 3 stools a day
- Your baby has fewer than 6 wet diapers a day

Before your baby is 2 weeks old, call a warm-line if:

- Your baby breastfeeds fewer than 8 times in 24 hours
- Your baby is sleepy, fussy and/or refuses to breastfeed
- Your baby mostly breastfeeds too short or too long and still seems hungry after breastfeeding
- The inside of your baby's mouth, eyes and nose are dry
- Your baby's urine looks red or orange (with or without crystals) in the diaper
- Your baby's skin looks yellow below the stomach
- Your baby has a white coating on its tongue and inner cheeks that is not easily wiped away

When your baby is 2 weeks old, call a warm-line if:

- Your baby is below its birth weight

At any time after birth, call a warm-line if:

- Your nipples are painful, cracked, blistered, bleeding or have a rash
- Your early yellow breast milk (colostrum) is not replaced by mature milk 5 days after birth
- Your breasts feel uncomfortably full even after breastfeeding or pumping
- Your breasts are painful, burning, lumpy, red and/or tender
- You have a fever



Breastfeeding Warm-Lines

Mothers may call any of these numbers with questions or concerns about breastfeeding. Support groups are also available through many of these hospitals.

Kent County Hospital **737-7000 x3332**

Leave a message and a lactation consultant will call you back.

Landmark Medical Center **769-4100 x2218**

24-hour call-in assistance available.

Memorial Hospital **729-2291**

24-hour call-in assistance available.

Newport Hospital **845-1110**

24-hour call-in assistance available.

South County Hospital **782-8000 x1226**

Leave a message and a lactation consultant will call you back.

Westerly Hospital **348-2229**

24-hour call-in assistance available.

Women and Infants Hospital **1-800-711-7011**

Monday through Friday 9 am to 9 pm.
Saturday and Sunday 9 am to 5 pm.
Leave a message and a nurse will return your call. Appointments are available for mothers after hospital discharge. Services are provided in English and Spanish.