



## Delivering in Delaware? What to Expect.

The Baby-Friendly Hospital Initiative (BFHI) recognizes hospitals that provide the best care to support infant feeding and mother/baby bonding. Four Delaware hospitals - Beebe Healthcare, Bayhealth Hospital, Kent and Sussex Campuses, and Christiana Care Health System - have received the “Baby-Friendly Hospital” designation. One hospital is working toward designation: Saint Francis Hospital. **What does this mean for you and your baby?**

### We Promote and Support Breastfeeding

Health care providers recommend only breastfeeding (no formula, food or drinks) as the best way to feed baby. Breast milk gives baby powerful health benefits that formula can't match. It helps to prevent ear infections, lung infections, diabetes, asthma, allergies, obesity and more. Breastfeeding also helps mom lose the baby weight and protects against some types of cancer.

### What We Do to Support You

**Policy and Training:** We have a policy to support all mothers in breastfeeding. All of our staff members are trained in how to best support breastfeeding moms and babies. Please ask us for help.

**Rooming-In:** You and baby will share the same room, so you can stay together 24 hours a day. Rooming-in helps you learn baby's signs of hunger, so you can feed on demand, whenever your baby is hungry. Baby will feed a lot - 8 or more times a day! This is normal and will help your milk supply increase more quickly.

**Skin-to-Skin:** Baby will be placed on your chest, skin-to-skin, right after birth until the first breastfeeding is complete. These “magical minutes” are calm and relaxing. The close contact promotes bonding between mom and baby. It keeps your baby warm and helps breastfeeding begin right away.

**Formula Use:** Exclusive breastfeeding (no other food or drink) is best for you and your baby. Our goal is to build your confidence in your ability to breastfeed. Giving formula can make breastfeeding more difficult for you both. It can increase the risk of allergies and sickness and makes baby's tummy work harder to digest it. We will not give your baby any formula, sugar water, or anything else unless there is a medical need. As your health care providers, it is our job to tell you about the benefits of breastfeeding. After you know the facts, if you prefer to formula feed, we will provide information on safe preparation and feeding of formula.

**Pacifiers and Bottles:** At our hospitals, babies do not get pacifiers or bottles unless there is a medical need. These plastic nipples may confuse your baby. They should not be used in the early days while you and baby are learning how to breastfeed.



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**NICU:** If your baby needs to stay in the NICU, your breast milk is especially important. We will help you breastfeed or pump breast milk to give your baby the best possible start.

## *When You Leave the Hospital*

We will give you a list of resources for breastfeeding support. It is normal to have at least one question or challenge, especially at the beginning. You can get help from your doctor, our hospital lactation consultants, breastfeeding peer counselors, or a support group like La Leche League. Breastfeeding can be tough in the beginning, but it's worth the effort! Please call us. We want to help.

**Medication:** Most prescription and over-the-counter medicines are safe to use while breastfeeding. Check with your health care provider before taking any medication.

**Health Insurance:** Most insurance plans cover breast pumps, supplies, and visits to a lactation consultant. Call the Member Services phone number on the back of your health insurance card to find out what your plan covers.

**Returning to Work:** You can continue breastfeeding or pumping milk when you return to work. Planning ahead will make it easier. Employers are required by law to give you break time and a private place to pump. Talk with your employer about your needs. Talk to your doctor, lactation consultant or insurance company about buying or renting a breast pump for use at work.

## For more information or help with breastfeeding, contact:

Bayhealth Hospital, Kent Campus Breastfeeding Support: (302) 744-7233

Bayhealth Hospital, Sussex Campus Breastfeeding Support: (302) 744-7233

Beebe Healthcare Breastfeeding Support: (302) 645-3577

The Birth Center Breastfeeding Support: (302) 658-8321

Christiana Care Health System Breastfeeding Support: (302) 733-3360

Delaware WIC Program: 1 (800) 222-2189

La Leche League: [www.lllofmd-de-dc.org](http://www.lllofmd-de-dc.org)

Nemours Alfred I duPont Hospital for Children Breastfeeding Support: (302) 685-9119

Saint Francis Hospital Breastfeeding Support: (302) 421-4478

Breastfeeding Coalition of Delaware: [info@delawarebreastfeeding.org](mailto:info@delawarebreastfeeding.org)  
or visit us at [www.delawarebreastfeeding.org](http://www.delawarebreastfeeding.org)

