

# Lactation Program

Our Lactation Consultants are Registered Nurses specializing in Maternal Infant care and are certified through the International Board of Lactation Consultants. We are here to offer sensitive and supportive care to help you reach your breastfeeding goals.

## **We Provide:**

- Daily support with in-hospital visits for all breastfeeding families
- Telephone consultation for breastfeeding issues/concerns after discharge
- Outpatient Lactation consultations available by appointment

## **Elliot New Moms' Group**

This weekly get-together welcomes all new mothers and their babies from newborn to 12 months old. It gives new moms the opportunity to meet and network about life with your new baby! The group is led by an experienced Elliot Hospital Registered Nurse who is also an International Board Certified Lactation Consultant. Topics shared include feeding, crying, sleeping, relationships, and finding your new balance in life. Guest speakers are invited throughout the year. New Moms' Group is a free and informal group and held every Wednesday from 11 a.m. - 1 p.m. at The Elliot at River's Edge.

## **Community Breastfeeding Support:**

- **La Leche League:** [www.lllofmenh.org](http://www.lllofmenh.org) Mother-to-mother support, monthly meetings, volunteer breastfeeding help given by trained leaders
- **WIC:** Federal Supplemental Food program for Women, Infants and Children  
Manchester 1-800-256-9880
- **ZipMilk:** [zipmilk.org](http://zipmilk.org) Access to local lactation consultants
- **NH Lactation Consultant Collaborative:** [nhlactation.com](http://nhlactation.com)

**Lactation Consultant Telephone Warmline: 603-663-4464**

## **Resources:**

ePublications: "Your guide to Breastfeeding" and Breastfeeding fact sheet: [www.womenshealth.gov/breastfeeding](http://www.womenshealth.gov/breastfeeding)

Back to work/The Affordable Care Act/ Know your rights  
[www.womenshealth.gov/breastfeeding/going-back-to-work](http://www.womenshealth.gov/breastfeeding/going-back-to-work)

For Information on medications and breastfeeding  
[www.mommymeds.com](http://www.mommymeds.com) is a parent friendly resource

NH Breastfeeding Task force [www.nhbreastfeedingtaskforce.org](http://www.nhbreastfeedingtaskforce.org)

**Learn more about our  
Lactation Program >**



# Breastfeeding Log for Baby

Date of Birth: \_\_\_\_\_ @ \_\_\_\_\_

Birth Weight: \_\_\_\_\_

10% = \_\_\_\_\_

Baby's Age: **0-24 hrs**

Baby's Age: **24-48 hrs**

Baby's Age: **48-72 hrs**

Baby's Age: **72-96 hrs**

| Start Time | Min/ml | Diapers       |
|------------|--------|---------------|------------|--------|---------------|------------|--------|---------------|------------|--------|---------------|
|            |        | WET STOOL DRY |
|            |        | WET STOOL DRY |
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|            |        | WET STOOL DRY |

**Daily Goals:**

8 offerings/feedings  
1 wet, 1 stool (black tarry)

**Daily Goals:**

8 to 12 feedings  
2 wets, 2 stools (black to green)

**Daily Goals:**

8 to 12 feedings  
3 wets, 3 stools (black to green)

**Daily Goals:**

8 to 12 feedings  
4-6 wets, 3+ stools (green to yellow)

**How to Wake a Sleepy Baby:**

- Remove infant's blanket and clothing to change their diaper
- Place infant skin to skin and chest to chest with mother in a semi-reclined position
- Massage infant's back, abdomen, arms and legs

**Feeding Cues:**

- Sucking movements or sounds
- Hand to mouth movements
- Rapid eye movement
- Soft cooing or sighing sounds
- Restlessness
- Crying is a late feeding cue