

Choosing Breastfeeding

How an OB/GYN Can Help

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Office Culture

- Attitude is Everything!
 - Recommend to every patient.
 - Answer questions positively
- Information Changes Minds!
 - Reading material in prenatal packets
 - Posters and information on the walls

Avoiding Medications That Discourage Breastfeeding

- Post Partum Anti-Depressants
 - SSRIs
 - Progesterone
- Post Partum Family Planning
 - Mini Pill?
 - Lactational Amenorrhea
 - Charting for signs of ovulation.

Avoiding Birth Trauma/ Cesarean Section

- Milk comes in later with traumatic birth.
- Breastfeeding within one hour more difficult
- Increased pain and medication.

Ways to Prevent

- Know your rights!
- Family Centered Cesarean Section
- Mother/Baby Care