

## **Soundbite Script – The Trials and Tribulations of Breastfeeding**

**Dr. Christina Kramer, OB/GYN, OSF HealthCare**

“The main thing I talk about with women is you need a healthy mom to have a healthy baby and some women either struggle with breastfeeding, find that their milk supply is insufficient, maybe have some medical conditions or have had surgeries that make lactation difficult, and some women may be having post-partum depression and breastfeeding difficulties can exacerbate that. So if women need permission to give the baby a bottle we’re more than happy to do that. It may not be for everyone and even though there are health benefits, the last thing a post-partum mom needs is guilt on top of everything else she’s going through.”

**Dr. Christina Kramer, OB/GYN, OSF HealthCare**

“There are a lot of signs babies are starting to get hungry and I think the biggest thing for women is to know their own baby and not necessarily based on a textbook or what other people say. Crying is actually a late sign of hunger so you want to try to intervene and feed your baby before the baby starts crying because sometimes if they’ve started screaming you’ve reached a point where they’re too upset and they might not feed well.”

**Dr. Christina Kramer, OB/GYN, OSF HealthCare**

“I think the important thing is if a woman feels like she’s struggling to breastfeed and it’s extremely painful, if it seems like the baby is taking a really long time to nurse, the latch isn’t good, those may be signs there is an issue with the breastfeeding or the latch and we would encourage women to seek help from an experienced labor and delivery nurse, a certified lactation consultant, some obstetric providers feel comfortable tackling some of those lactation issues, but the take home message is you’re definitely not alone and we want you to reach out for help.”

**Dr. Christina Kramer, OB/GYN, OSF HealthCare**

“For other medical conditions or issues due to baby supplementing with formula might be needed. And that’s ok too. I have kiddos that I bottle fed and kiddos that I breast fed and they don’t love you any different.”