

Breastfeeding vs. formula: talk to an expert

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Heather Ludwig, international board certified lactation consultants at OSF HealthCare in Urbana, Illinois

“I get to meet people prenatally which is great because I don’t have to say goodbye when they have their baby and leave the hospital. I get to continue to support families sometimes for years on end, sometimes through multiple children.” (:10)

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Cristy Shafer, international board certified lactation consultants at OSF HealthCare in Urbana, Illinois

“It provides nutrients that formula doesn't actually have in it. It also provides bonding and different things for the mom, medical things also for mom. So we try to get that information out there. If that's the decision you make and you want to breastfeed, then we want to make sure we give you 100% to ensure that you're getting what you need to be successful.” (:18)

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Cristy Shafer international board certified lactation consultants at OSF HealthCare in Urbana, Illinois

“A lot of times you'll lose those moms in that first 24 to 48 hours because they think they're not doing it right. When it's really just that baby waking up to the fact of, ‘Oh my gosh. My nine months of getting everything from my mom is over. I'm going to have to work a little and start doing this for myself.’ So it's explaining those things to the moms so they realize that it's nothing that they're doing wrong. It's just how this progression goes.” (:19)

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Cristy Shafer international board certified lactation consultants at OSF HealthCare in Urbana, Illinois, on formula benefits

“One instance is decreasing the rate of obesity. We know that by a paced feeding method that we can decrease the stretching of that stomach early on, and that helps to decrease the obesity rate later on in life.” (:10)