

## **The first few weeks, part two: the breastfeeding mom**

**\*\*\*SOT\*\*\***

Heather Ludwig

OSF HealthCare lactation consultant

**“If you wait too long and miss those early cues, they move from hungry to hangry. They’re crying and upset. You have to calm them down before you can feed them.” (:13)**

**\*\*\*SOT\*\*\***

Heather Ludwig

OSF HealthCare lactation consultant

**“First, I’m going to see when the baby latches, are we getting a nice, big wide mouth? Then, how can we help with comfort? Lanolin, coconut oil, olive oil and nipple butter are perfectly safe for the baby. We have hydrogels you can put over the skin that will help your body’s natural healing processes. The last thing is air flow. Don’t always be wrapped up tight in your bra.” (:33)**

**\*\*\*SOT\*\*\***

Heather Ludwig

OSF HealthCare lactation consultant

**“Think of Sunday morning. You don’t want to get out of bed when you’re nice and cozy under the covers. You’re going to sit there and let your tummy growl. A baby, if they’re too warm, won’t always get a good meal.” (:11)**

**\*\*\*SOT\*\*\***

Heather Ludwig

OSF HealthCare lactation consultant

**“Let the baby tell us when they’re done. Don’t switch [breasts] at a certain time.” (:04)**