



*the*  
**Chickasaw  
Nation**

The Chickasaw Nation Medical Center

# Women's CLINIC

**ISHKI' INCHOKMISHTO'**  
(HEALTHY MOTHERS)

## THE IMPORTANCE OF BREASTFEEDING

### BENEFITS OF BREASTFEEDING

- Contains ideal nutrients and immunity protection for baby
- Provides comfort and bonding for both mom and baby
- Is cost-effective
- Breast milk is always warm and ready
- Helps mom lose pregnancy weight
- May decrease risk of maternal diabetes, osteoporosis, rheumatoid arthritis, heart disease, breast cancer and ovarian cancer
- May decrease risk of ear infections, pneumonia and sudden infant death syndrome (SIDS) in baby



**Breast milk is the perfect nutrition and provides everything baby needs to grow and develop.**

### BREASTFEEDING PROMOTES EARLY SKIN-TO-SKIN CONTACT

Soon after birth, your baby will be placed naked on your chest, against your skin. This will happen directly after birth, as soon as you are ready. Regardless of your feeding method, all babies love skin-to-skin contact.

#### **Skin-to-skin contact:**

- Keeps your baby warm, maintains blood sugar and regulates breathing pattern
- Comforts and calms baby and mother
- Increases bonding for mother and baby
- Helps get breastfeeding off to a good start
- Makes it easier for baby to latch on
- Stimulates the release of hormones to support breastfeeding
- Encourages pre-feeding behavior