

## How to Prepare for Breastfeeding While Expecting

Your body is designed to do most of the preparation for breastfeeding; your nipples increase in size, your milk ducts increase in number and become mature during pregnancy. Some women may even experience leaking during the last trimester.

### Preparation

Visualize yourself holding and breastfeeding your baby. Believe in yourself, your abilities, and your committed decision to breastfeed! You were perfectly made for this. Try breastfeeding affirmations and surround yourself with people who are like-minded and positive about breastfeeding. Consider taking a free class at Leesburg Regional Medical Center to help prepare for the arrival of your baby. This will help you learn breastfeeding terms and so much more. Take a tour to see the birthing suites, meet the staff, and learn about new care practices that help support breastfeeding. If your nipples are pierced, removing the piercing prior to your arrival at the hospital is preferred.

### Build Your Support Network

Talk with friends, family and loved ones about your desire to breastfeed. Talk with other breastfeeding mothers. Leesburg Regional Medical Center offers free breastfeeding support groups – attend one and meet other moms with their newborns breastfeeding and meet Lisa Wallace, the lactation nurse who enthusiastically supports breastfeeding and has direct experience with breastfeeding her own children. The Lake Country Breastfeeding Resource Guide will be provided to all breastfeeding mothers and includes a list of local support in the area.

### Non-Medicated Birth

Consult with your physicians about having a non-medicated birthing experience. Certain medications may affect your breastfeeding journey. Alternative pain relief may include focused breathing, massage, aromatherapy, music, counter pressure, focal point and visual imagery, emotional support from a doula, dimmed lights, and a birth ball and/or peanut ball.

### Invest

While all you need is a hungry baby and lactating breast to breastfeed, there are some luxury items that make breastfeeding a little more comfortable. These include a nursing bra and shirt, nursing pillow (Boppy or wedge), breast pump, nursing pads, lactation snacks, and pillows for added comfort. For mothers with inverted nipples, using a breast shield at 5 months can help draw the nipple out.



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