

Breastfeed Orange NC

Choosing a provider who specifically supports breastfeeding can make a big difference! In Orange County families can choose from a variety of options, including Pediatricians and Family Medicine Physicians. Most practices have more than one provider in them and some may be more invested in supporting breastfeeding than others. You can interview providers before giving birth, or bringing home your baby, to get a sense of how invested they are in supporting breastfeeding.

It is a good sign if you feel safe talking to a provider about breastfeeding. It is important that they know your goals for feeding your baby. Whether it is when they bring it up or if you choose to bring it up, here are some questions that it can be informative to ask.

- What are 3 ways that you support breastfeeding with your patients?
- What training in breastfeeding have you had, since medical school?
- What are the breastfeeding rates in your practice?
 - A follow-up question would be what they think might improve said rates.
 - How *long* do your breastfeeding patients usually nurse?
- What growth charts do you use?
- Of those that breastfeed, how many end up supplementing?
 - How soon is supplementing usually started?
 - How often do they stop supplementing after starting?
- What happens if things are not going well with breastfeeding?
 - Will you go by a 24 hour weight if I have a lot of IV fluids with labor?
 - What if my baby loses too much weight?
 - What if my baby has jaundice?
 - What if my baby does not gain weight as expected?
 - What if my baby is really fussy?
- In what situations do you discourage someone from breastfeeding?
 - The decision to breastfeed (or not) is a personal one. There are very few medical reasons not to, if you want to breastfeed.
 - If a person who *wants* to breastfeed thinks they need to quit, talking to a breastfeeding expert is always recommended.
- What lactation consultants do you recommend?
 - They should have information on hand.
- What local support groups would you suggest for me to attend?
 - They should know of some off the top of their head

<https://breastfeedorangenc.org/>