



Should You Breastfeed?

(What it Really Looks Like)

Subject	Breast	Bottle	Importance	
			Breast Score 1-5	Bottle Score 1-5
Cost	<p>You may have to purchase some basic equipment: bras, pads, bottles, freezing pads, a pump...</p> <p>But these are one-time purchases</p> <p>The milk is free!</p>	<p>No avoiding it. Formula is expensive.</p> <p>You'll have to work it into your monthly budget.</p> <p>Keep your fingers crossed that her tummy can handle an off-brand and won't require a hypoallergenic!</p>		= 5
	<p>Have fewer sicknesses!</p> <p>Breast milk antibodies build a stronger immune system</p>	<p>Formulas have come a long way...but still have a way to go.</p> <p>Babies who use a bottle are more prone to ear infections.</p>		= 5

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Sleeping	Breast milk is usually digested at a faster rate.	Formula is usually heavier, sitting on the stomach for longer in the tummy.			= 5
	This means it takes longer for breastfed infants to sleep through the night .	This means more sleep for all. A special thickened formula can also be helpful in keeping reflux babies asleep.			
Burping	Nursed infants don't swallow as much air, requiring less burping	The technique used to suck on a bottle naturally leads to more air swallowed.			= 5
		Burp more frequently, buy anti-burp bottles , and have some gas drops in the medicine cabinet!			
Constipation	Breast milk has natural laxatives in it, so this is very rarely an issue.	Bowel habits can change drastically.			= 5
		It's good to know what the constipation signs are .			
Mom's Health	When you breastfeed, certain hormones are realized to help your uterus contract faster. This means a quicker recovery!	Letting Dad feed the baby can give you more emotional breaks.			= 5
	Breastfeeding has also been linked to reducing cancer .	The possibility of more sleep can also benefit your health.			

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<p>...</p> <h2>Bonding</h2>	<p>Skin-to-skin touch boosts bonding.</p> <p>The physical feeling of nourishing a baby from YOUR body is amazing.</p> <p>If you pump your breastmilk, Dad can have a bonding try with baby.</p>	<p>Who says you can't bottle feed naked?</p> <p>Bottle feeding gives other family members an opportunity for special time with baby.</p>		= 5
<h2>At Work</h2>	<p>Continue to breastfeed while working outside the home is challenging, but not impossible.</p> <p>A really good (expensive) breast pump is required.</p>	<p>Working outside the home is stressful enough.</p>		= 5
<h2>Learning Curve</h2>	<p>Breastfeeding isn't always easy.</p> <p>You have to teach him how to latch correctly.</p> <p>Sometimes everything happens perfectly. But if it doesn't "just happen" there are always little tricks you can use to improve.</p>	<p>Formula requires you learn 3 things.</p> <ol style="list-style-type: none"> 1. How to hold your baby (support the head!) 2. How to spot signs of an allergic reaction. 3. When to switch bottle nipple sizes. Spluttering and choking? (too big) Screaming with frustration? (to small) 		= 5

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<p>...</p> <p>Monitoring</p>	<p>It's hard to gauge how much milk she's actually getting. If she's a Kermit Nurser, she could be on the boob for 45 minutes without ever really getting the good stuff (hindmilk).</p> <p>Since there aren't any "ounce lines" on your breastuals, you'll have to count diapers and watch her weight gain.</p>	<p>Figuring out how much she's eating is easy-peasy. It's my favorite kind of math, in fact. Dumb simple.</p> <p>Notice what you started with, subtract what's left...and VOILA!</p> <p>Write that number down, btw. Her pediatrician is going to ask. You'll look like a ROCK STAR PARENT when you know.</p>	<p>Breast Score 1-5</p>	<p>Bottle Score 1-5</p> <p>= 5</p>
<p>Post Baby Weight</p>	<p>Breastfeeding is a calorie-burning powerhouse.</p> <p>But that doesn't necessarily mean your baby weight is going to melt away like Hershey's on a S'more.</p> <p>Genetics, my friend. You either hug your mother for the good genes she's given, our grumble all the way to Jenny Craig.</p>	<p>If you count the number of times you have to go to the kitchen to make a bottle...you may burn of the 10 M&Ms you had at lunch.</p> <p>Formula just isn't a flab-fighter.</p> <p>Whatever you do, though. Get serious about it and don't give up. Confucius Heather say: Long journeys start with little steps.</p>		<p>= 5</p>

Importance

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Breast Score 1-5

Bottle Score 1-5

= 5

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Medications	<p>Everything you put inside YOUR mouth, will eventually end up in HIS mouth.</p> <p>Talk to your doctor, or check out this chart.</p>	<p>You don't have to spend one ounce of gray brain matter on this one.</p> <p>Medicate away.</p>		= 5
Eating	<p>You may live to regret that Thai food at 3 am.</p> <p>Food journaling to figure out the foods her little tummy doesn't like.</p>	<p>Not really an issue...but don't forget that you don't have those calorie burning boobies.</p> <p>You're on your own, so choose wisely!</p>		= 5
The Future	<p>You can always decide to add formula later on, and either combination feed or give up nursing altogether.</p>	<p>Once you go with formula, there's no turning back.</p>		= 5
Poops	<p>Breastfed poo is a weird mustard color, sometimes with white dots that look like "seeds". All normal.</p> <p>That said, the smell isn't all that bad.</p>	<p>Get yourself a good diaper pal, friend. Those poops are going to smell BA-NASTY.</p> <p>As for colors, think funky. Funky = just weird Funky = call the doc</p> <p>Here's how to tell the difference.</p>		= 5

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<h3>Late Night Hassle</h3>	<p>If you use a co-sleeper or a bassinet, roll over, hook Bub to boob and you're done.</p>	<p>Annoying. Go downstairs. Fix bottle. Warm bottle. Rock and feed.</p> <p>Waste excess formula because you're too tired to put it in the fridge.</p> <p>Watch Big Bang re-runs because now you can't fall back asleep.</p>		= 5
<h3>Public Exposure</h3>	<p>Showing your "ladies" to strangers is controversial.</p> <p>That said, it is possible to breastfeed while your infant is in a sling, and no one would be the wiser.</p>	<p><i>Look at THAT woman! She's exposing her BOTTLE to feed her baby!</i> <i>Outrageous!!</i></p> <p>Never happens.</p>		= 5
<h3>Digestion</h3>	<p>Breast milk is easy to digest.</p> <p>The number of infants allergic to breast milk is extremely low.</p>	<p>You may have to <u>try several brands</u> of formula before you get a good match.</p> <p>Learn <u>how the bad parent's switch formula</u>, and then do the opposite.</p>		= 5

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<h2>Pain Factor</h2>	<p>Depends on your definition of pain.</p> <p>Step #8 in my Latch Assessment Quiz can help you identify whether your pain is a breast SOS.</p> <p>Oh yeah, you'll also have to teach him that your nipples are not teething toys.</p>	<p>No <i>physical</i> pain occurs in bottle feeding.</p> <p>However, having to give up manicures and lattes in order to cover the cost of formula may cause emotional distress.</p>		= 5
<h2>Multiples</h2>	<p>Tandem nursing takes some flair, but millions of moms do it.</p> <p>Heck, if you <i>birthed</i> two babies, you can certainly <i>nurse</i> two babies. Even if you need the help of a supplemental nurser.</p>	<p>You have three options in feeding formula to your multiples.</p> <ol style="list-style-type: none"> 1. Grow more arms and feed them at the same time. 2. Feed them one at a time (takes longer) 3. Get help (husband, neighbor, Walmart cashier...ANYBODY?) 		= 5
<h2>Taste</h2>	<p>It's very rare for a baby to refuse the chance to drink breast milk.</p>	<p>Formulas all taste different. Try to find free samples and start mixing drinks.</p> <p>The more "refined" your infant's taste, the longer (and expensive) your search for a satisfying formula will take.</p>		= 5

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<p>...</p> <p>Supply</p>	<p>You can't slack off. She's got to be on the breast or you've got to pump on a regular basis (every 2 hours at first) to keep your supply high enough to meet her demand.</p> <p>Breast milk can be frozen 6 months or longer.</p>	<p>As long as you're getting a paycheck (or have government help) supply is not an issue.</p> <p>Powdered formula lasts a LONG time. So buy on sale and stock the pantry.</p>		= 5
<p>Emotions</p>	<p>It's amazing to realize you're doing something NO ONE ELSE can do for your baby.</p>	<p>Feeding your baby is an emotional high. One that you can let your husband experience once in a while. (Like at 2am for example...)</p>		= 5
<p>Around the World</p>	<p>Breastfeeding is only dependent on the health of the mother.</p> <p>You can feed your baby in any country.</p>	<p>Formula is dependent on water quality.</p> <p>If you can't be 100% certain your water supply is safe, you shouldn't be using it. (Use bottled water or breastfeed)</p>		= 5
<p>Outside Pressure</p>	<p>There's a lot of pressure to become a Superstar Breastfeeder right away.</p> <p>Mothers who struggle can feel guilty and ashamed, worried there is something wrong with them.</p>	<p>Formula feeding mothers can feel pressure to hide that they're using formula.</p> <p>They often feel stigmatized as a bad parent "not going natural" and using formula instead.</p>		= 5

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Support	<p>Vital for encouragement, expertise, and endurance.</p> <p>Join other breastfeeders on the Incredible Infant Facebook page to ask questions and get encouragement!</p>	<p>Not as necessary.</p> <p>But no parent exists in a vacuum. Relationships make parenting so much easier.</p> <p>Feeling a bit isolated? Join my community.</p>		= 5
Travel	<p>Traveling for the breastfeeder can be difficult at the beginning when positioning and latch are so important.</p> <p>But you don't have to add 5 more items to the packing list or track down a Walgreens in a strange city.</p>	<p>Having to pull over every 2 hours to nurse can crimp the travel rhythm.</p> <p>On the other hand, sometimes it's nice to be "forced" to sit in a quiet room by yourself while traveling to nurse.</p>		= 5

Let's add Sue's scores!

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Health		
Sleeping		
Burping		
Constipation		
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Monitoring		
Post Baby Weight		
Medications		
Eating		
The Future		
Poops		

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Public Exposure		
Digestion		
Pain Factor		
Multiples		
Taste		
Supply		
Emotions		
Around the World		
Outside Pressure		
Support		
Travel		
TOTALS		

So which side are you leaning towards?