Breastfeeding Mothers with Disabilities

There are so many decisions to make when you are expecting a baby. Breastfeeding is one of the best choices you can make to protect the health of your baby.

Mothers can breastfeed despite physical ailment or disability.

Example:
- Multiple Sclerosis
- Myasthenia gravis
- Systemic Lupus
- Spinal Cord Injury
- Hearing / Visual Impairment
- Carpal Tunnel Syndrome

If you have questions or would like support, please call us today! To speak with a Certified Lactation Counselor (CLC) call: 716-439-7431

It doesn’t matter if you are a first time mom or a seasoned pro! Expecting a baby can be challenging and exciting all at the same time.

Breastfeeding is possible if you or your baby have a chronic medical condition and / or disability. Support the lifelong health of your child... BREASTFEED!

Niagara County Department of Health
Division of Planning
5467 Upper Mountain Road, Suite 100
Lockport, New York 14094

Lactation Program:
716-439-7431

niagaracounty.com/health/Services
Benefits of Breastfeeding

- Helps protect babies with Down Syndrome from respiratory infections and bowel problems he or she may be prone to
- Better brain development and cognitive function for baby
- Lower risk of Sudden Infant Death Syndrome (SIDS)
- Easily digestible and better for the health of babies with heart problems or cystic fibrosis, who may have trouble gaining weight
- Less irritating to the nasal passages of a baby with a cleft palate
- Lower rate of developing chronic medical conditions like diabetes, obesity, asthma and intestinal illness’s throughout life

American Academy of Pediatrics:

- Recommends exclusively breast feeding infants for at least 6 months to ensure optimal immune function for life by giving them proper nutrition and antibodies to fight off diseases

Medications and Breastmilk:

- Most medications are compatible with breastfeeding
- If you are on any medications, please talk to your health care provider before starting to breastfeed
- Our CLC is also available to answer your questions about medications: 716-439-7431

Overcoming Challenges

Mothers with disabilities and/or chronic illnesses should seek help for support with concerns about limitations and increased fatigue when breastfeeding.

Some easy tips that can help alleviate challenges,

- Proper nutrition
- Increased activity
- Stress reduction techniques
- Proper sleep hygiene (number of hours slept per night, sleeping area, non-disturbed)
- Adequate support for arms: nurse lying down, have help in lifting baby if necessary, rolled towel under the breast for added breast support
- Use of propping pillows
- Use of supplemental nursing systems