

## Information for the parent who will be undergoing a planned C-section and who wants to breastfeed

Insofar as it is possible, your newborn will be placed skin-to-skin with you as soon as the medical team has completed its health assessment. If your newborn is stable, skin-to-skin contact will continue in the operating room, and your baby will stay with you throughout your stay in the recovery room.

This practice helps keep your baby safe by regulating the newborn's temperature, breathing and heart rate. It also facilitates breastfeeding by stimulating the production of breast milk. We encourage you to breastfeed your baby as soon as possible after birth and to do it as often as you can. This will contribute to rapid and abundant milk production.

If your baby does not seem to want to breastfeed within an hour of birth, do not be discouraged. A nurse will guide you in manually expressing colostrum and giving it to your baby. The nutrient-rich colostrum will nourish your child while boosting your milk production.

If, for health reasons, you or your newborn are unable to engage in skin-to-skin contact in the operating room, your baby will be taken care of and taken either to the neonatal unit or the maternity ward depending on the newborn's condition. As soon as your baby's health permits, your partner will be able to have skin-to-skin contact with the newborn.

To prepare for any eventuality, we recommend that you:

- **Express your colostrum** starting at 37 weeks of pregnancy and store it in the freezer.
- **Bring it** with you on the day of your C-section.
  - A refrigerator and freezer for colostrum storage are available in the maternity ward (north wing, across from day surgery).
  - Specify to staff if it should be **refrigerated or frozen** for proper storage.
  - Make sure you have correctly identified your colostrum with your name, date of birth and the date it was expressed.

Expressed colostrum may be used for your baby if direct breastfeeding is not possible within a reasonable time, if there are signs of hunger before you return to the floor, or if your baby has difficulty maintaining an acceptable blood sugar level.

A brochure entitled "*Breastfeeding: Learn it and start early!*", which guides you through the manual expression process, is available to you. It can be accessed by following the link below or by scanning the QR code.

[Breastfeeding: Learn it and start early!](#)

