



Breast Feeding?

WHAT IS THE IMPORTANCE OF BREAST FEEDING?

Human breast milk is the healthiest form of milk for human babies. Breast feeding significantly reduces diarrhea (a leading cause of infant death) and lowers the risk of sudden infant death syndrome (SIDS).

BENEFITS OF MOTHER

- Reduces the risk of breast cancer
- Reduces the risk of uterine and ovarian cancer
- Reduces the risk of diabetes
- Lessens osteoporosis
- Benefits child spacing
- Promotes emotional health
- Promotes post partum weight loss
- Costs less to breast feed

BENEFITS OF BABY

- Protect the baby from infection, asthma and gastro-intestinal illness
- Reduce risk of heart disease later in life
- Reduce risk of diarrhea (a leading cause of infant death)
- Less risk of childhood obesity
- Breast fed babies develop higher IQ's
- Reduce risk of childhood diabetes

BREAST CARE DURING PREGNANCY

- Wear a brassiere that supports your breasts firmly and also makes them feel comfortable
- Start wearing a maternity brassiere at the end of first trimester. These brassieres hold the breast firmly without any discomfort to the nipples
- If you have large breasts, wear the brassiere throughout the day and night
- During the second trimester, small amounts of clear or yellowish fluid called colostrum that is secreted by the breast dries into a crust around the nipples. Wash away this crust with water
- Secretion of colostrum indicates that the body is getting ready for breast feeding.
- Avoid soap or any other cleansing solution to clean the breasts as they will make your skin dry and your nipples sore
- If colostrum is secreted in large amounts, wear a cotton brassiere with special absorbent layer around the nipples. Replace the pad whenever it becomes wet

TECHNIQUES OF BREAST FEEDING

You may have to repeat these steps several times before your baby latches-on correctly.

- Sit tummy-to-tummy with your baby. Make sure your baby's ear, shoulder and hip are in a straight line and the baby's nose is level with the nipple
- Bring your baby close to your breast
- Touch your nipple to your baby's lips

When your baby's mouth opens wide, quickly pull your baby in to latch-on since the mouth will be open for only a few seconds.

NOTE: Bring your baby to your breast, rather than bringing your breast to your baby's mouth.

- Your baby's mouth should be about one inch from the tip of your nipple around the areola
- Your baby's mouth should be turned outward against the breast
- The motion of the suck is along the jaw, not in the cheeks
- Your baby's ears, shoulder and hip should be in a straight line
- Breast feeding should not hurt. You should feel a strong rhythmic tug on your breast

BEFORE BREAST FEEDING

- Mother should prepare physiologically, mentally & emotionally
- Make sure you have privacy, create a peaceful comfortable nursing station that allows you to relax
- Warm water is sufficient for cleaning your breasts and does not dry out the tissues like soap does
- Find a comfortable position, such as in a chair with ample room on the sides and back for pillows to support your baby and your arms
- Unwrap your baby and check if his/her diaper needs to be changed

This will help arouse and stimulate your baby to nurse, especially if your baby is sleepy.

AFTER BREAST FEEDING

Taking your baby off the breast and burping

Be sure to break the suction by slipping your little finger in the corner of your baby's mouth between the gums. Do not remove your baby from your breast until the suction is released or you may develop sore nipples. The suction is quite strong and it may require some effort to release your baby's grip.

Burping your baby

Not every breast fed baby needs to burp with every feeding. Generally, breast fed babies do not swallow as much air as bottle fed babies do. If your baby has been crying before the feeding and is pulling on and off the breast, try burping then try breast feeding again. Some babies do not burp right away, and you may need to try several positions.

Helpful positions for burping your baby include:

- Propped up with baby's tummy against your shoulder
- Lying tummy-down across your lap
- Sitting up, leaning forward with your hand on the left side of the baby's body supporting the baby's stomach and neck

WAYS TO INCREASE BREAST MILK SUPPLY

- A well balanced diet is important for your health
- Drink plenty of water to stay hydrated
- Focus on eating whole grains and cereals, fresh fruits and vegetables that provide plenty of proteins, calcium and iron
- Massage the breast while in the shower, bath and while nursing

SIGNS THAT YOUR BABY IS GETTING ENOUGH MILK

- Gains weight constantly after the first 3 to 7 days after birth, your baby may lose a little weight during the first week
- Has about 6-8 wet diapers
- Has about 2-5 or more stools a day

REMINDER...

If, you are anemic, don't worry that your milk won't have enough iron for your baby. Breast milk contains less iron than formula, but the iron is used more efficiently, so your baby is less likely to become anemic even if your iron levels are low. You will need to take iron supplements to make you feel better but they will not affect the level of iron in your breast milk.

CONSTRAINTS OF BREAST FEEDING

- Neonatal galactosemia
- Maternal HIV infection
- Maternal HTLV infection
- Maternal drug abuse
- Some maternal medications (Chemotherapy, radiopharmaceuticals, etc.)

Note: Antibiotics do not prohibit breast feeding.

Follow-up appointment

Keep your follow-up appointments with your doctor. It is important for your doctor to monitor your progress.

For a follow-up appointment:

Date:.....

Doctor's Name:.....

Telephone: 22232000

Send #1 to the mobile number 97244524 and an operator will contact you for your appointment details.

Website: <http://www.sih-kw.com>

Special Instructions

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If you have any questions or concerns, call your doctor or nurse.

