

BREASTFEEDING

FACT SHEET



Benefits for Baby

- ✓ Provides a perfect mix of vitamins, protein, and fat that your baby needs to grow
- ✓ Breast milk contains antibodies that help your baby fight off bacteria and viruses.
- ✓ Breastfeeding lowers your baby's risk of having asthma or allergies.
- ✓ In the first six months of life, breastfed babies will have fewer ear infections, respiratory illnesses, and diarrhea.
- ✓ The AAP says breastfeeding plays an important role in preventing Sudden Infant Death Syndrome.

Benefits for Mom

- ✓ Breastfeeding burns extra calories which helps the mom lose pregnancy weight faster.
- ✓ It releases the hormone oxytocin which helps the uterus return to pre-pregnancy size and may reduce uterine bleeding after birth.
- ✓ Lowers the risk of breast and ovarian cancer.
- ✓ Saves time and money.
- ✓ Provides an important time to bond with the newborn

At the Beginning

- At the beginning, your breasts will make a thick, yellow liquid called colostrum. Colostrum contains many nutrients that help a newborn's digestive tract develop and prepare to digest breast milk.
- As your baby nurses more, your breasts will respond by making more milk. Experts recommend to breastfeed exclusively for at least 6 months, but it is better to breastfeed for a short time than not breastfeed at all.

- You can continue to breastfeed after six months, but you can also begin introducing solid foods into the diet at this time.
- **EAT WELL AND DRINK PLENTY OF WATER. BREASTFEEDING IS A GREAT WAY TO NOURISH YOUR BABY, BUT IT TAKES A LOT OUT OF YOU. FUEL UP WITH HEALTHY MEALS.**
- Nursing may be difficult at first. Just be patient, and you soon will get in the rhythm of breastfeeding. If your breasts are sore, you can try hot or cold compresses and lanolin cream for sore nipples.

ABCs of Breastfeeding

A: Awareness

Watch for signs of hunger from your baby. Infants will move their hands toward their mouth, make sucking noises or mouth movements, or move toward your breast. **DO NOT WAIT FOR YOUR BABY TO CRY.** Crying is a sign that the infant is too hungry. In the first few weeks after your baby is born, he/she may feed 8 to 12 times a day.

B: Be patient.

Breastfeed as long as your baby wants to each time. Do not stop unless the baby quits nursing. A typical breastfeeding session lasts 10 to 20 minutes on each breast.

C: Comfort

Relax. Make sure you are in a comfortable position while breastfeeding. The flow of milk will be steadier if you are relaxed. Make sure you have support for your arms, head, neck, and feet so you do not get tired while breastfeeding.

Best position for breastfeeding

- One where both you and the baby are comfortable and relaxed
- You should not have to strain to hold your baby while breastfeeding
- To help your baby avoid painful gas, you may need to stop halfway through and burp your baby.



http://www.ar.do.ch/Posizioni_per_l_allattamento.html

Pumping and Storing Milk

- You may not get a lot of milk when you first begin pumping. After the first few times, your breasts will begin producing more milk.
- You can pump your breasts in about 10-15 minutes.
- Store breast milk in plastic or glass bottles with a sealable top. You could also store it in a sealable, sterile bag.
- Store your breast milk in the refrigerator. You can keep it in the freezer if you are not going to use it right away.
- The following are some general breast milk storage guidelines provided by the American Academy of Family Physicians. You can store breast milk:
 - At room temperature (less than 77°F) for up to 6 hours
 - Cooler bags with ice packs for up to 24 hours
 - At the back of a refrigerator for 3 to 8 days
 - At the back of a freezer for up to 6 months

Your breast milk can separate after sitting (the fatty part of the milk will rise to the top). Just shake the bottle or bag before feeding your baby.

To thaw frozen breastmilk:

- Put it in the refrigerator the day before use to thaw.
- Put the bottle or bag in a bowl of warm water (not hot water) and swirl it around.
- Never use a microwave or stove to thaw breast milk.

DO NOT BREASTFEED IF:

- You are HIV positive
- You have tuberculosis
- You are receiving chemotherapy for cancer
- You are using an illegal drug
- Your baby has galactosemia (a rare condition in which the infant cannot tolerate the sugar in breast milk)
- You are taking certain prescription medications (ask your doctor about what medications are safe to take while breastfeeding)

NOTE: Having the flu or a cold should not stop you from breastfeeding. You cannot pass these to your baby while breastfeeding.

Call A doctor if:

- Your breasts become unusually red, swollen, hard, or sore or you have bleeding or unusual discharge from your nipples
- You are concerned that your baby is not getting enough milk