

## Steps to Healthy Breastfeeding (1)



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## Ways in Which Taiba Hospital Will Help You to Breastfeed Successfully

Here are some tips that can help you in providing your baby with the most effective breastfeeding before, during and after the process.

- All the staff has been specially trained to help you to breastfeed your baby.
- During your pregnancy, you will be able to discuss breastfeeding individually with a Doctor/Nurse who will answer any questions you may have.
- You will have the opportunity to bond with your new baby against your skin soon after birth. The staff will not interfere or hurry you but will be there to support you and to help you with your first breastfeed.
- A Nurse will be available to explain how to put your baby to the breast correctly and to help with feeding them while you are in the hospital.
- You will be shown how to express your breast milk and you will be given a pamphlet about this which you can refer to once you are home.
- Healthy babies do not need to be given anything other than breast milk for their first six months, unless the doctor recommends otherwise.
- Normally, your baby will be with you at all times. If any medical procedures are necessary, you will always be invited to accompany your baby.
- You will be encouraged to feed your baby whenever they seem to be hungry and not crying.
- We recommend that you avoid using bottles, dummies and nipple shields while your baby is learning to breastfeed. This is because they can change the way your baby sucks, which makes it more difficult for your baby to breastfeed successfully.
- Before you leave the hospital, you will be given a list of telephone numbers of people who can provide extra help and support with breastfeeding when you are at home.

## Benefits of Breastfeeding

Breastfeeding benefits the baby and the mother.

### For Babies:

1. Breast milk is the natural first food for babies.
2. It provides all the energy and nutrients that the infant needs.
3. Breast milk promotes sensory and cognitive development.
4. It protects the infant against infectious and chronic diseases such as ear infection.
5. Exclusive breastfeeding reduces infant mortality due to common childhood illnesses such as diarrhea or pneumonia.
6. It helps for a quicker recovery during illness.

### For Mothers:

1. It helps mothers lose their weight.
2. It develops bonding between mother and baby.
3. It helps the uterus to return to its original size more quickly.
4. It can reduce postpartum bleeding.
5. It helps to space children.
6. It reduces the risk of ovarian cancer and breast cancer.

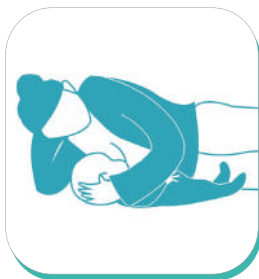


## Mother's Positions to Help in Breastfeeding

### Before Breastfeeding:



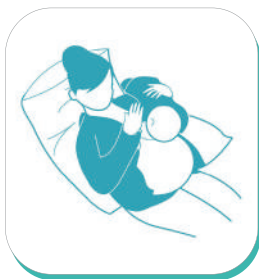
- Wash your hands before each feeding.
- Choose a comfortable place for breastfeeding.



- Lie on your side with a pillow under your head and / or sit up in bed, in a comfortable armchair, or in a rocking chair.



- Have baby lying on his side facing you with his mouth in line with your nipple and his knees pulled in close to your body. (You may be comfortable with the baby lying directly on the bed, or you may want to place your arm under him)



- Lean into the pillows that are behind your back.

### **During Breastfeeding:**

- Offer your breast to the baby by supporting it with your fingers underneath and your thumb above, well behind the areola.
- Wait until the baby opens their mouth wide, then quickly pull them in close to you so they can latch on well and suck effectively.
- Feed your baby until they are satisfied. This may be for about 15 to 20 minutes at each breast. Approximately 8 to 12 times a day or more. How often your baby wants to feed may change over time as they go through growth spurts.

### **After Breastfeeding:**

- Burping is an important part of feeding. Burping the baby gets rid of the air and relieves uncomfortable pressure on their tummy.
- Hold your baby upright, with their head on your shoulder and chest against yours.
- With one arm supporting your baby's bottom, pat gently on the back with your other hand, or rub the back upward.

## Baby Feeding Cues (Signs)

### EARLY CUES

- Stirring
- Mouth opening
- Turning head
- Seeking/rooting



### MID CUES

- Stretching
- Hand to mouth
- Increasing physical movement



### LATE CUES

- Crying
- Agitated body movements
- Colour turning red

