

A close-up photograph of a woman with reddish-brown hair tied back, wearing a white t-shirt, breastfeeding her newborn baby. The woman is looking down at the baby with a gentle smile. The baby is lying on its stomach, facing the woman's chest. The background is a soft, out-of-focus light blue and white.

Breast Feeding

BreastFeeding

Breastmilk is the best nourishment for your newborn baby needs. Breast milk provides all the nutrients your baby requires for optimal physical and mental development. Breastmilk also naturally imparts immunity from infectious diseases. Therefore, the World Health Organisation (WHO) recommends that every mother should breastfeed her baby exclusively for the first six months.

Preparing for Breastfeeding

You need to eat a balanced diet containing food from all food groups throughout pregnancy and breastfeeding.

♥ **Energy giving food**, like cereals and their products, starch, roots, tubers, sugar, and those rich in fats like nuts, fats and oils

♥ **Body building food**, which include food of animal origin, like milk and milk products, eggs, meat, fish, poultry and plant protein, food like pulses, legumes, nuts and oilseeds.



Facts for Mothers

- ★ Like all mothers you can successfully breastfeed your baby, which is the most natural way to feed babies.
- ★ Mother's milk is complete nutrition for the baby for first 6 months and your child should be exclusively breastfed during this period of time. No other milk, food, drink or even water is required.
- ★ Your baby should be breastfed immediately after birth preferably within 1/2 to 1 hour of birth. The newborn is very active and alert during this period and then goes to sleep. The baby has a very strong sucking reflex at this time. Nothing should be given before the first breastfeed.

“Breast feeding is not a choice it's a responsibility.”



- ★ On 10th day of life, baby's weight must be nearly same as birth weight. If it is very less than that, baby may not be getting enough milk. It is an emergency. Meet doctor and discuss.
- ★ Your baby must be given Colostrum - the first yellowish mother's milk during the first 2-3 days after birth.
- ★ Bottle-feeding is not necessary and even harmful for your baby.
During pregnancy take care of your nipples. You should always be confident of breast feeding your baby successfully.
- ★ Breast milk contains adequate calories and provides the right kind of proteins, fats, lactose, vitamins, iron, minerals, water and enzymes in the amounts necessary for your baby.
Your milk is made specially for your own baby. It is the right nutrition for the growth of your baby. It is easy to digest and it contains protective substances which help prevent infection especially loose stools.
- ★ Breast milk contains iron, water soluble Vitamin D, Vitamin A, C and E more than cow's milk.
- ★ Breastfed babies are less prone to have diabetes, heart diseases, eczema, asthma and other allergic disorders later in life
- ★ Breastfed babies have been shown to have a higher IQ (Intelligence Quotient) and develop better mathematical abilities than infants who are not breastfed.

Dangers of artificial feeding

- ✎ **It is inferior to breastfeeding in all respects.**
- ✎ It exposes the infant to infections through contamination.
- ✎ It does not contain living anti-infective factors so they are unable to help the baby fight infection.
- ✎ It causes digestive problems and malnutrition.



Breast milk can be increased in mother in the following manner



Take 4 meals apart from breakfast



Eat all type of food that you like



Take total rest for 6 months



Have happy mind



You must remember caring is more important than worrying

Working and Breastfeeding



It is possible to continue breastfeeding the baby after returning to work. It has been observed that many working mothers have breastfed their babies successfully.

On Joining Work:

- ★ Learn how to express breast milk.
- ★ You should breastfeed early in the morning.
- ★ Also, breastfeed just before leaving for work and then again when you come back.
If your place of work is near your home, come back home to breastfeed during breaks.
- ★ Again breastfeed frequently after you come back in the evening.
- ★ At night breastfeed the child as many times as possible.
- ★ If creche facilities are available near to place of work then baby can be fed during breastfeeding breaks.
- ★ Express breast milk during work in a clean container for storage to be given to baby later on or discard to relieve heaviness.
- ★ This will ensure adequate milk production.

Common Problems - Insufficient Breast Milk

Symptoms

- ★ Mother's Feeling of not having enough milk
- ★ Insufficient weight gain
- ★ Number of wet diapers (fewer than 6 a day)
- ★ Dissatisfied (frustrated and crying) infant

Reason

- ★ Infrequent breastfeeding
- ★ Tiredness, Stress, hunger, and pain for mother
- ★ Incorrect positioning and attachment
- ★ Giving infant pacifiers or bottles

Prevention

- ★ Breastfeed more frequently.
- ★ Give only breast milk: no water, liquid, or foods.
- ★ Breastfeed on demand, day and night.
- ★ Correctly position and attach infant to the breast.
- ★ Encourage family to help with household works.
- ★ Do not give bottles or pacifiers

Treatment

- ★ Feed infant on demand, day and night.
- ★ Increase frequency of feeds.
- ★ Stop giving water, other liquids, formulas, and pacifiers.
- ★ Wake infant up to feed if infant sleeps too long
- ★ Make sure infants is correctly positioned and attached to the breast.
- ★ Reassure mother that she can produce sufficient milk regardless of breast size.
- ★ Express milk from one breast first (infant takes fore and hind milk) before offering the second breast.

Check how many diapers the infant wets a day more indicates infant is getting enough milk.

Signs that breastfeeding is going well

Signs of possible difficulty

Baby Position

- 😊 Mother relaxed and comfortable
- 😊 Infant's body close, facing breast
- 😊 Infant's head and body straight
- 😊 Infant's chin touching breast
- 😊 Infant's bottom supported

- 😞 Shoulder tense, leans over infants
- 😞 Infant's body away from mother's body
- 😞 Infant's neck twisted
- 😞 Infant's chin not touching breast
- 😞 Only shoulder or head supported

Responses

- 😊 Infant reaching for breast if hungry
- 😊 Infant rooting for breast
- 😊 Infant exploring breast with tongue
- 😊 Infant calm and alert at breast
- 😊 Infant staying attached to breast
- 😊 Signs to milk ejection (leaking)

- 😞 No response to breast
- 😞 No rooting observed
- 😞 Infant not interested in breast
- 😞 Infant restless or crying
- 😞 Infant slipping from breast
- 😞 No signs of milk ejection (leaking)

Emotional Bonding

- 😊 Secure, confident hold
- 😊 Face-to-face attention from mother
- 😊 Touch by mother with love and affection

- 😞 Nervous or limp hold
- 😞 No mother / infant eye contact
- 😞 Little touching, shaking or poking infant



Signs that breastfeeding is going well

Signs of possible difficulty

Anatomy

- 😊 Breast soft after feed
- 😊 Nipples standing out, protractile
- 😊 Skin appearance healthy
- 😊 Round-looking breast during feed

- 😞 Breast engorged
- 😞 Nipples flat or inverted
- 😞 Skin fissured or red
- 😞 Stretched or pulled-looking breast

Sucking

- 😊 Mouth wide open
- 😊 Lower lip turned outwards
- 😊 Tongue cupped around breast
- 😊 Cheeks round
- 😊 More areola above infant's mouth
- 😊 Slow, deep sucks, burps with pauses
- 😊 swallowing visible or audible

- 😞 Mouth not wide open, pointing forward
- 😞 Lower lip turned in
- 😞 Tongue not seen
- 😞 Cheeks tense or pulled in
- 😞 More areola below infant's mouth
- 😞 Rapid sucks only
- 😞 Smacking or clicking audible

Time spent suckling

- 😊 Infant releases breast
- 😊 Infant suckled for few minutes

- 😞 Mother takes infant off breast

