

# BASIS FOR SUCCESSFUL BREASTFEEDING

## 6.a Positioning the baby on mother's body correctly.

A baby can breast feed successfully when they are in the correct and comfortable position:-

- Mother is comfortable sitting, lying or standing while she is breastfeeding.
- Baby's head, shoulder, back and hip in a straight line.
- Baby's head well supported.
- Baby's body facing and close to mother (tummy-tummy).
- Baby's nose opposite to mother's nipple.
- Breast is supported if needed with a "C" like hold.



## 6.b Attaching the baby's mouth (latching) at the breast correctly.

Baby will latch well when:-

- Baby's mouth is widely open.
- Bring baby to the breast, aiming at mum's nipple up towards the roof of baby's mouth.
- Baby's chin is touching the breast.
- Darker skin (areola) can see more above baby's mouth and less below.
- Baby's lower lip turns outward.
- Baby's cheeks are rounded.
- Swallowing sound can be heard.

## 7. Emptying the breast by sucking or pumping.

If not able to empty the breast (baby is ill, premature or mother is sick) use hand expression or a pump. This will increase the milk production.

- Hand expression starts with warm compression, hand massage to soften the breast followed by gentle pressing of the breast to release the milk into a sterile container.

And to be stored in:

Room temperature	: 4 to 6 hours
In fridge in the coolest part	: 24 to 48 hours
Freezer	: Three months
In deep freezer	: Up to six months

(Do not keep breast milk in the door of the fridge)

### IMPORTANT:

- Unhealthy and NICU babies need for breast milk is similar to their need for medicine and the ventilator.
- Mothers need to breastfeed or express milk at least eight to 12 times a day.
- The very first yellow breast milk is the perfect food for all babies. A few drops are enough for the new baby's small stomach, as the size of baby's stomach increases daily: Day 1 = 1 to 1 1/2 teaspoons by day 3 to 4 teaspoons and by day 10 to 12 teaspoons.
- A mother should breastfeed when baby is calm, comfortable and before baby starts to cry (that is they are mildly/moderately hungry).
- The mothers should start feeding by expressing few drops of breast milk on baby's lips.
- Ensure baby's position on mother's body is correct.
- Allow baby to attach well to the breast, this helps to avoid sore or cracked nipples. The nipple and part of areola should be inside the baby's mouth).
- Breastfeed frequently throughout the day – this helps the baby bond with the mother.
- Allow the baby to feed from each breast until both breasts are empty. If the baby was not able to empty the breast by sucking hand expression or breast pump should to be used.
- Place warm towel on both breasts and perform a light breast massage before breastfeeding and place a cold towel after breast feeding to avoid swollen, hard and painful breasts.
- Keep nipples dry and avoid excessive cleaning and using of soap.

## Common breastfeeding difficulties and problems that need assistance:-

- Baby cries excessively, irritable, reluctant to breastfeed, not gaining weight.
- Mother not having enough milk or has breast problems (this includes sore/crack nipple, swollen, hard, painful or inflamed/breast abscess).

## Most of these conditions happen if:

- Mother lacks self-confidence or hasn't been instructed in correct techniques.
- The baby is not in the right place and time, not comfortable, not latching well to the breast, is in pain, wet or sick.
- Mother is not comfortable, psychologically and physically exhausted or is having breast problems.

## Common breastfeeding difficulties can be overcome by removing the cause and treating the conditions mentioned above.

**If you are experiencing difficulty in breastfeeding your baby, kindly walk in and seek assistance from Lactation Consultant / BF Nurse / Counselor at the Lactation Clinic in OPD, WWRC**  
**1st Floor, Station 3, Exam Rm # 4**  
**Tel No: 40261158**  
**Breastfeeding Program Office: ACC/A9-1038**  
**Tel No: 40263867**  
**NO NEED FOR APPOINTMENT**



# BASIS FOR SUCCESSFUL BREASTFEEDING

## The Magic of Breast Milk

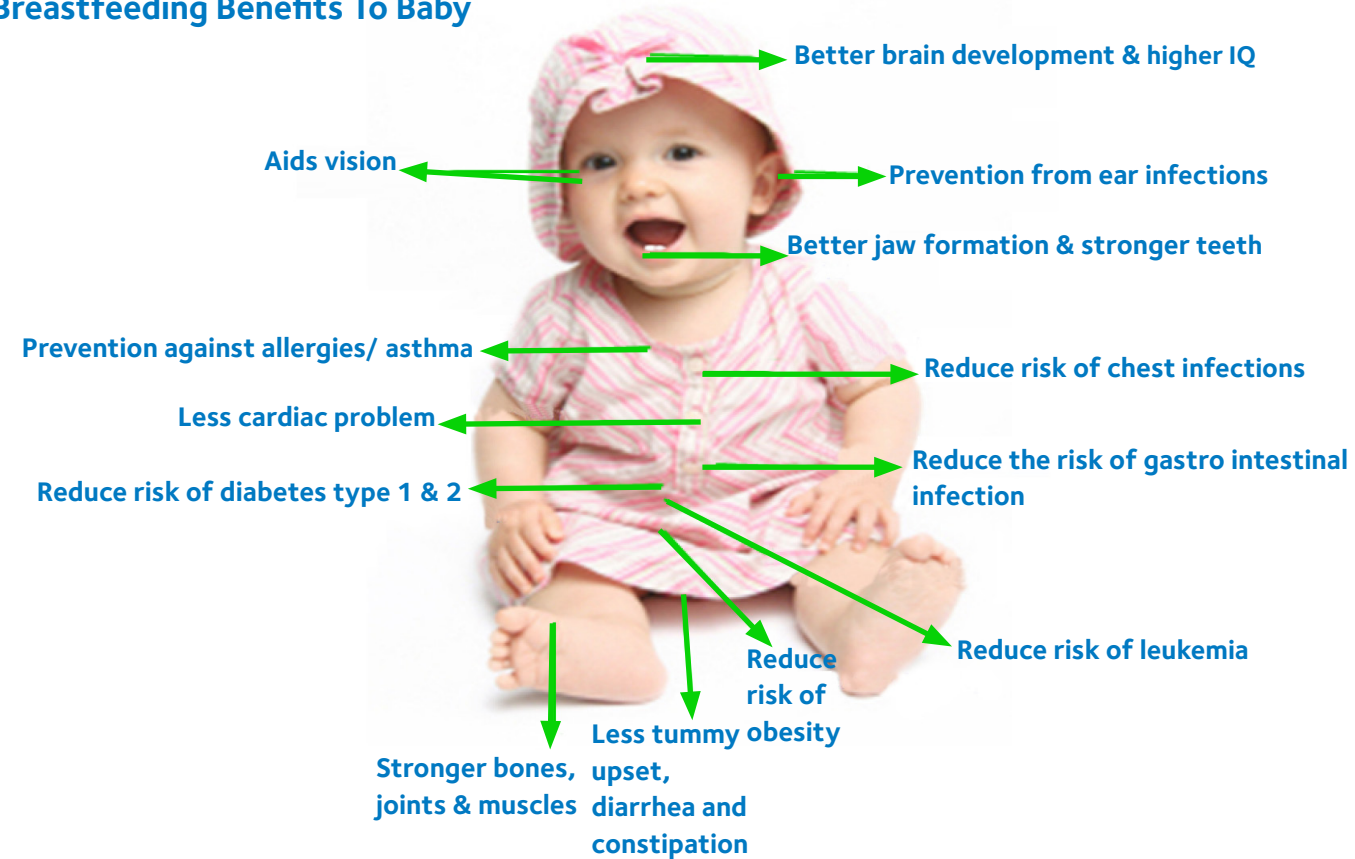
Breast milk is always the best and only food a newborn needs. It can help to save babies' and mothers' lives. It also has many health, economic and social benefits to the family and the community. The World Health Organization/UNICEF recommends babies to be breastfed only with their mother's milk for at least six months and continue to breastfeed and with supplementary feeding for two years and beyond. Formula, animal's milk and other foods cannot match mother's milk and can in some cases be harmful for babies.

## WHY BREAST MILK?

- Breast milk is full of living cells. It contains antibodies, hormones and all nutrients the baby needs.
- It is the first immunization for baby.
- It protects babies from a variety of diseases, acute infections, chronic illness and allergy.
- It contains all essential nutrients in perfect quality and quantity with in the right proportions of fat, carbohydrates, protein and vitamins.
- The quantity of breast milk increases as baby grows to keep up with baby's needs.
- Keeps the baby warm, calm and helps create a stable sleeping pattern.
- It is naturally safe and sterile, ready for consumption at right temperature.
- It is easily digested and helps maintain normal gut flora and reduces risk of constipation.
- The breast milk released at the beginning of the feed (Fore milk) differs from the milk released later on (Hind milk).

At the beginning it is watery, low in fat, high in carbohydrates. It helps satisfy baby's thirst and stimulates its appetite. The thick and creamy milk (the Hind Milk) is high in protein and fat. It helps baby feels full and satisfied. This is why a baby needs to empty one breast before moving on to the other, to ensure that baby drinks both foremilk and hind milk.

## Breastfeeding Benefits To Baby



## Benefits for the mother:

- Reduces stress and anxiety, less risk of post-delivery depression and healthier sleeping pattern.
- Reduces blood loss after delivery as well as the risk of anemia.
- Reduce the risk of breast, cervical and ovarian cancer.
- Reduce the risk of diabetes, cardiac disease, hypertension and obesity.
- Helps instill love and intimacy between mother and baby.
- Can assist in returning the mother back pre-pregnancy weight and shape.
- Can help prevent osteoporosis later in life
- Natural birth control method.

## Benefits to family:

- Happier, healthier families
- Reduces cost
- Always available and convenient

## Benefits to environment:

- No plastic/bottle/energy/food wastage.
- Less pollution, always clean and sterile.

## Benefits to health care system and country:-

- Encourages a healthier population.
- Reduces hospitalization for both mother and baby.

## Disadvantages of using formula

- No natural protection from infection and chronic diseases because of the lack of antibodies.
- Does not contain all necessary nutrients needed for the growth and development of children.
- Difficult to digest and more likely to cause constipation and colic.

## Key practices to a Successful Breastfeeding

### 1. Start Early Skin to Skin Contact

Start breastfeeding early inside the labor room, place the baby on the mother's bare chest immediately after birth for at least one hour, allow the baby to latch on the breast. This will increase milk production, regulate heartbeat, breathing and blood sugar.

### 2. Exclusive Breast Feeding

By exclusively breastfeeding this gives the baby everything they need in terms of nutrients.

### 3. Baby Led Feeding

No restriction - feed frequently based on baby feeding cues. This will satisfy baby's appetite and increase mother's milk production.

### 4. Don't give bottle or teats

Using teats can confuse the babe - use cup or spoon if needed.

### 5. Rooming-In

Baby and mother remain together in the same room for 24hrs enable mother to see signs of when the baby is hungry (open mouth, sucking fingers, moving head). It is advised to start the feeding before baby cries.