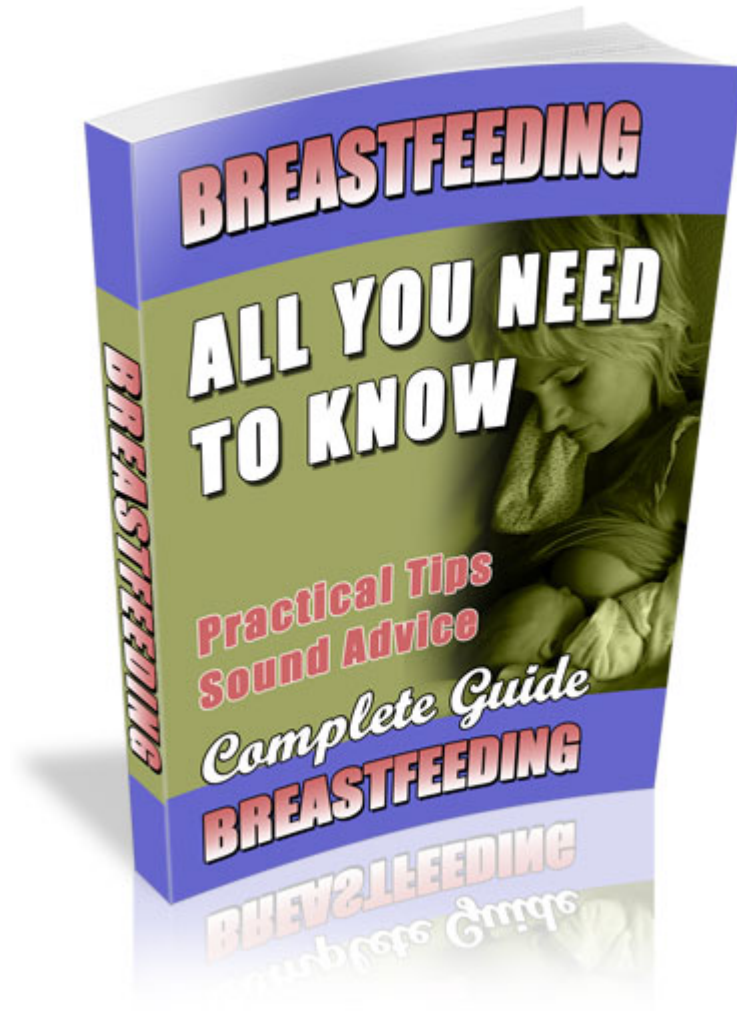


# Moms Guide To Breastfeeding



## ‘Moms Breastfeeding Guide’

## Breastfeeding Guide –Your Guide to Starting Breastfeeding

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## **Reasons to Breast Feed**

For many years, scientists have been playing out the ingredients that make breast milk the perfect food for babies. They've discovered to day over 200 close compounds to fight infection, help the immune system mature, aid in digestion, and support brain growth - nature made properties that science simply cannot copy.

The important long term benefits of breast feeding include reduced risk of asthma, allergies, obesity, and some forms of childhood cancer. The more that scientists continue to learn, the better breast milk looks.

In addition to making your baby healthier, breast feeding may also make him smarter. Many studies have proved that breast fed babies tend to be smarter than babies who were fed with formula or other methods. Breast feeding does help with nutrients and the support of brain growth, which is something every mother should think about.

The benefits for the nursing mom are just as good as they are for the baby. The hormones that are released during breast feeding will curb blood loss post delivery and help to shrink the uterus back to its normal size.

Long term, the breast feeding mom will have a lower risk for pre-menopausal breast cancer, which is the kind that strikes before the age of 50. The benefits will begin to show with three to six months of breast feeding and increase the longer that breast feeding continues.

By now, you should realize that breast milk is one power packed liquid. It offers more for your baby than formula, or any other scientific creation for that matter. As you begin to plan for the future of your baby, make a commitment to breast feeding him for as long as you possibly can - as it will do both your bodies the world of good.

## **How Breast Milk Is Made**

If you've ever been pregnant or if you are pregnant now, you've probably noticed a metamorphosis in your bra cups. The physical changes (tender, swollen breasts) may be one of the earliest clues that you have conceived. Many experts believe that the color change in the areola may also be helpful when it comes to breast feeding.

### **What's going on?**

Perhaps what's even more remarkable than visible changes are the extensive changes that are taking place inside of your breasts. The developing placenta stimulates the release of estrogen and progesterone, which will in turn stimulate the complex biological system that helps to make lactation possible.

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Before you get pregnant, a combination of supportive tissue, milk glands, and fat make up the larger portions of your breasts. The fact is your newly swollen breasts have been preparing for your pregnancy since you were in your mother's womb!

When you were born, your main milk ducts had already formed. Your mammary glands stayed quiet until you reached puberty, when a flood of the female hormone estrogen caused them to grow and also to swell. During pregnancy, those glands will kick into high gear.

Before your baby arrives, glandular tissue has replaced a majority of the fat cells and accounts for your bigger than before breasts. Each breast may actually get as much as 1 ½ pounds heavier than before!

Nestled among the fatty cells and glandular tissue is an intricate network of channels or canals known as the milk ducts. The pregnancy hormones will cause these ducts to increase in both number and size, with the ducts branching off into smaller canals near the chest wall known as ductules.

At the end of each duct is a cluster of smaller sacs known as alveoli. The cluster of alveoli is known as a lobule, while a cluster of lobule is known as a lobe. Each breast will contain around 15 - 20 lobes, with one milk duct for every lobe.

The milk is produced inside of the alveoli, which is surrounded by tiny muscles that squeeze the glands and help to push the milk out into the ductules. Those ductules will lead to a bigger duct that widens into a milk pool directly below the areola.

The milk pools will act as reservoirs that hold the milk until your baby sucks it through the tiny openings in your nipples.

Mother Nature is so smart that your milk duct system will become fully developed around the time of your second trimester, so you can properly breast feed your baby even if he or she arrives earlier than you are anticipating.

## **Benefits of Breast Feeding**

Once you've given birth, breast feeding is the single most important thing you can do to protect your baby and help to promote good health. Best of all, breast feeding is free.

Along with saving you money on HMR (Human Milk Replacement), breast feeding can also help you to keep your medical bills down. Babies that are fed with formula get sicker more often and more seriously than babies that are breast fed. They also have more ear infections, respiratory infections, and other problems.

This can be even truer if your family has had a history of allergies. When a baby is breast fed, the antibodies pass on from the mother to the baby, helping to protect against illness and allergies. As the baby's system matures, his body will begin to make its own antibodies, and he'll be more equipped to handle sensitivities of food.

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Sucking on the breast will also help with the development of jaw alignment and the development of the cheekbone. For this very reason, there is less of the need for costly orthodontic work when the child gets older.

Unlike formula, breast milk is always ready, always available, convenient, and always the right temperature for feeding. Plus, it contains all of the vitamins and minerals your growing baby needs, saving you a lot of money.

Breast feeding also offers many benefits for the mom as well. The baby sucking at the breast will cause contractions right after birth, leading to less bleeding for the mom, and helping her uterus to its shape before pregnancy much faster.

Breast feeding will also burn calories, so a mom can lose weight much faster than if she fed her baby with a bottle. Breast feeding will also create a special bond with the mother and the baby - which is one thing formula simply cannot do.

### **Getting Started With Breast Feeding**

When you hold your baby for the first time in the delivery room, you should put his lips to your breast. Although your mature milk hasn't developed yet, your breasts are still producing a substance known as colostrum that helps to protect your baby from infections.

If your baby has trouble finding or staying on your nipple, you shouldn't panic. Breast feeding is an art that will require a lot of patience and a lot of practice. No one expects you to be an expert when you first start, so you shouldn't hesitate to ask for advice or have a nurse show you what you need to do.

Once you start, keep in mind that nursing shouldn't be painful. When your baby latches on, pay attention to how your breasts feel. If the latching on hurts, break the suction then try again.

You should nurse quite frequently, as the more you nurse the more quickly your mature milk will come in and the more milk you'll produce. Breast feeding for 10 - 15 minutes per breast 8 - 10 times every 24 hours is an ideal target. Crying is a sign of hunger, which means you should actually feed your baby before he starts crying.

During the first few days, you may have to wake your baby to begin breast feeding, and he may end up falling asleep during feeding. To ensure that your baby is eating often enough, you should wake him up if it has been four hours since the last time he has been fed.

Getting comfortable. Feedings can take 40 minutes or longer, therefore you'll want a cozy spot. You don't want to be sitting somewhere where you will be bothered, as it can make the process very hard.

### **Breast Feeding and Positioning**

For some people, the process of breast feeding seems to come natural, although there's a level of skill required for successful feeding and a correct technique to use. Incorrect positioning is one of the biggest reasons for unsuccessful feeding and it can even injure the nipple or breast quite easily.

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By stroking the baby's cheek with the nipple, the baby will open its mouth towards the nipple, which should then be pushed in so that the baby will get a mouthful of nipple and areola. This position is known as latching on. A lot of women prefer to wear a nursing bra to allow easier access to the breast than other normal bras.

The length of feeding time will vary. Regardless of the duration of feeding time, it's important for mothers to be comfortable. The following are positions you can use:

1. Upright - The sitting position where the back is straight.
2. Mobile - Mobile is where the mother carries her baby in a sling or carrier while breast feeding. Doing this allows the mother to breast feed in the work of everyday life.
3. Lying down - This is good for night feeds or for those who have had a caesarean section.
4. On her back - The mother is sitting slightly upright, also a useful position for tandem breast feeding.
5. On her side - The mother and baby both lie on their sides.
6. Hands and knees - In this feeding position the mother is on all fours with the baby underneath her. Keep in mind, this position isn't normally recommended.

Anytime you don't feel comfortable with a feeding position, always stop and switch to a different position. Each position is different, while some mothers prefer one position; others may like a totally different position. All you need to do is experiment and see which position is best for you.

## Your Nursing Area

Once you've reached the third trimester, you'll probably start stocking up on nursing bras, breast pads, and loose button down shirts for the coming months ahead. While getting ready to breast feed, you can also create your personal area, a custom designed breast feeding area for yourself.

Your nursing area should reflect your personality. If you like a loud, yet friendly surrounding, you should consider setting in a corner of the living room or family room. Keep an extra chair or two near you so family members or even friends can keep you company.

If you prefer peace and quiet, a cozy study or empty guest room would be ideal. You can close the door, dim the lights down, and then take a few deep, calming breaths while you breast feed.

Your own chair

No matter if it's a glider, overstuffed recliner, or desk chair with wheels, you should make sure your nursing chair is very comfortable. You'll be sitting in the chair for hours each day, so you'll want it to be very comfortable. You should always look for one that offers back and shoulder support, along with arm rests. Support underfoot

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You can use a footstool, low coffee table or a stack of pillows to elevate your feet as you breast feed. If you raise your legs and feet to bring your baby to your breast, you'll avoid possible backache.

### Pillows and more pillows

Your neck, arms, feet, and back will need as much support as you can give, so don't hesitate to surround your body with pillows. If you lay a pillow across your lap for your baby to lie on, he'll be very comfortable and that much closer to your nipple. For extra comfort, you can even purchase a specially made nursing pillow that will encircle your waist.

### Table for one

You should always keep a small table or stand within arm's length of your breast feeding chair. What you use should be big enough to hold a coaster and glass of liquid. Some women prefer to drink through a straw, while others prefer to drink from the glass.

You'll also want to keep healthy snacks on hand as well, such as fresh fruit, nuts, or crackers and peanut butter to help you replace the energy you use while you breast feed.

### Distractions

If your baby is a slow eater or has a really big appetite, you may want to keep yourself busy while he feeds. You can fill the shelves of a nearby cupboard or bookcase with your favorite books or crossword puzzles to occupy yourself until your baby is full. You should also keep a phone nearby as well so that you can talk to family or friends to pass the time.

## Health and Diet

The nutritional requirements for the baby will rely solely on the breast milk, and therefore the mother will need to maintain a healthy diet. If the baby is large and grows fast, the fat stores gained by the mother during pregnancy can be depleted quickly, meaning that she may have trouble eating good enough to maintain and develop sufficient amounts of milk.

This type of diet normally involves a high calorie, high nutrition diet which follows on from that in pregnancy. Even though mothers in famine conditions can produce milk with nutritional content, a mother that is malnourished may produce milk with lacking levels of vitamins A, D, B6, and B12.

If they smoke, breast feeding mothers must use extreme caution. More than 20 cigarettes a day has been shown to reduce the milk supply and cause vomiting, diarrhea, rapid heart rate, and restlessness in the infants. SIDS (Sudden Infant Death Syndrome) is more common in babies that are exposed to smoke.

Heavy drinking is also known to harm the infant, as well as yourself. If you are breast feeding, you should avoid alcohol or consume very small amounts at a time.

The excessive consumption of alcohol by the mother can result in irritability, sleeplessness, and increased feeding in the infant. Moderate use, normally 1 - 2 cups a day normally produces no effect. Therefore, mothers that are breast feeding are advised to avoid caffeine or restrict intake of it.

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By following a healthy diet and limiting your intake of the above, you'll ensure that your baby gets the right nutrients during your time of breast feeding. This stage of life is very important - as you don't want anything to happen to your baby.

### **Avoiding Foods While Breast Feeding**

Many women find that they can eat whatever they may like during breast feeding. Even though it's true that some strongly flavored foods can change the taste of your milk, many babies seem to enjoy the varieties of breast milk flavors.

Occasionally, your baby may get cranky at the breast after you eat certain foods. If you notice this happening, simply avoid that particular food.

The most common offenders during breast feeding include chocolate, spices, citrus fruits, garlic, chili, lime, gassy vegetables, and fruits with laxative type effects, such as prunes and cherries.

You can have a cup or two of coffee a day, although too much caffeine can interfere with your baby's sleep and even make him or her cranky. Keep in mind, caffeine is found in many sodas, tea, and even over the counter type medicine as well.

It's okay to have an alcoholic beverage every now and the, although having more than one drink can increase your blood alcohol level, putting the alcohol into your breast milk.

If you are planning to have more than one drink at a time, it's best to wait two hours or more per drink before you resume any type of nursing or breast feeding. There is no need to pump and dump unless your breasts are full and its time to feed your baby. While breast feeding, any type of heavy drinking should be avoided.

Before you actually omit any foods from your diet, you should talk to your doctor. If you avoid certain foods and it causes a nutritional imbalance, you may need to see a nutritionist for advice on taking other foods or getting nutritional supplements.

### **Poor Milk Supply**

Almost all women don't have a problem with producing enough milk to breast feed. The ideal way to make sure that your baby is getting enough milk is to be sure that he's well positioned, attached to the breast, and feed him as often as he gets hungry.

Some mom's that are breast feeding will stop before they want to, simply because they don't think they have enough breast milk.

There are signs that might make you believe your baby isn't getting enough milk. If your baby seems hungry or unsettled after feeding, or if he wants to feed often with short pauses between feedings, you may think he isn't getting enough milk - which are often times not the case.



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There are however, two reliable signs that let you know your baby isn't getting enough milk. If your baby has poor or really slow weight gain, or is passing small amounts of concentrated urine, he's not getting enough milk.

All babies will lose weight within the first few days after birth. Babies are born with supplies of fat and fluids, which will help them keep going for the first several days.

Once your baby regains birth weight, he should begin putting on around 200g for the first four months or so. To get back to their birth weight, it normally takes a few weeks.

If the weight gain for your baby seems to be slow, don't hesitate to ask your doctor or nurse to observe you breast feeding. This way, they can make sure that your technique is right and if they think your baby is breast feeding often enough. To help you with your breast feeding, here are some ways that you can increase your supply of milk:

1. Be sure that your baby is positioned correctly and attached to your breast.
2. Let your baby feed for as long and often as he wants.
3. If you feel that your baby isn't breast feeding enough, offer him more breast feeds.
4. During each breast feed, make sure you feed from both breasts.
5. If your baby has been using a dummy, make sure you stop him.
6. Some babies may be sleepy and reluctant to feed, which may be the cause of problems with milk supply.

By following the above tips, you'll do your part in making sure you have enough milk when it comes time to breast feed. If you are uncertain or have other questions, be sure to ask your doctor, as he can answer any type of question you may have.

## **How To Use A Breast Pump To Pump Your Milk**

You're probably aware that breast milk is the best food for your newborn child and it is widely known that breastfeeding until a normal weaning age provides significant health benefits to both of you. However, continuing to breastfeed until this time requires some planning and preparation. Also, resuming parts of your lifestyle will be important to regain some balance in your life. There will no doubt be times when either you intend to be away from your child for a period or when breastfeeding would feel uncomfortable.

Expressing milk for later use is a way that you can spend some time away from your child or choose not to breastfeed while still providing your child with breast milk and those significant health benefits.

Using a breast pump is a skill, just like breastfeeding, that needs to be learnt.

It is normal when using a breast pump for the first time for mothers to be only able to express a few drops of breast milk so don't worry if this happens to you. However, with some practice and the right knowledge you can quickly become more efficient at using a breast pump.

The following is the best way to prepare to use your breast pump.

1. Firstly make sure that you read and understand all the instructions carefully.
2. You will need to ensure that every part of the breast pump has been properly sterilized before using it.
3. After using your breast pump you need to ensure that all of the parts have been washed thoroughly. This is best done by washing with warm soapy water and then rinsing completely in hot water before being dried by draining on a clean towel. You must then allow sufficient time for it to drain and dry completely.
4. You can if you wish, or your doctor advises, sterilize the whole thing every day.
5. If you opt to start with an electric breast pump you should start with the lowest available suction level.

### **How To Get Started**

Start with warm compresses and this with gentle massages of the breast and some gentle stimulation of the nipple as this will help you to stimulate a quick let down.

It is important that you always relax when doing breast massages during your pumping. You may find it preferable to close your eyes and think about nursing your baby and actually imagining that you have your baby in your arms. What

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