



Important Information For New Mothers

Breastfeeding Your Baby



مستشفى الموساة الجديد
NEW MOWASAT HOSPITAL



www.newmowasat.com

Direct 25765565

(965) 1 - 82 6666

Follow us on:



New Mowasat Hospital



@NMOWASAT

Introduction



This booklet is for mothers who have committed to breastfeeding their baby. In it you will find information on how to breastfeed successfully and how to avoid some common problems. There is also a separate section on expressing milk. We have referred to the baby as “he” in order to avoid confusion.

Once established, breastfeeding is easy, and for most mothers and babies, a very enjoyable experience. However, in the first few days, you both need to learn what to do. You will therefore need to practice and, if necessary, get help and advice from your health care provider. If you have started bottle feeding and want to switch to breastfeeding, this is also possible.

Remember: YOUR breast milk is perfect for YOUR baby. The amount of milk your body produces adjusts to meet your baby’s changing needs. For most babies, milk is the only food they need in the first six months of life.

Why is breastfeeding so special?

Breast milk contains antibodies to protect your baby against chest, ear, urine infections; and diarrhea, which may be serious.

Breastfeeding will continue to benefit your baby as he grows. Research suggests that breastfed babies have better mental development. Children who were bottle fed as babies are at greater risks of eczema and diabetes and tend to have higher blood pressure than those who were breastfed.

Breastfeeding is also good for mothers. It helps in losing weight gained during pregnancy. It can also reduce your risk of breast and ovarian cancer and helps you maintaining strong bones in later life.

PUTTING YOUR BABY TO THE BREAST:

YOUR POSITION:



It is important that you find a comfortable position. If you are sitting down to feed, make sure that:

- Your back is straight and supported.
- Your lap is almost flat.
- Your feet are flat rested on the floor or on a stool.
- You have some extra pillows to support your back and arms or to help raise your baby if needed.

Breastfeeding lying down can be very comfortable, especially when your baby needs to nurse at night. Try to lie fairly flat with a pillow under your head and your shoulder on the bed. A pillow supporting your back and another between your legs will also ensure comfort. As you master the technique, you may not need to use pillows.

YOUR BABY'S POSITION:



There are various ways in which you can hold your baby to breastfeed. Whichever one you choose, here are a few guidelines to make sure that your baby is well fed.

- Your baby should be held close to you.
- He should be facing the breast, with head, shoulders and body in straight line.
- His nose to upper lip should be opposite to the nipple.
- He should be able to reach the breast easily, without having to stretch or twist.
- Remember always to move your baby towards the breast rather than your breast towards your baby.



Cradle position



cross cradle position



Football position



lying position.

So always remember:

- Tummy to tummy
- Nipple to nose
- Baby to breast, not breast to baby.

LATCHING TO THE BREAST:

It is important for your baby to latch on well to your breast. Otherwise he may not get enough milk and your nipples may become sore.

Position your baby comfortably and wait until he opens his mouth really wide (you can gently brush his lips with your nipple to encourage him to do so).

Quickly move him to your breast, so that he can latch on to the whole nipple and surrounding area.

When your baby has properly latched to your breast you will notice that:

- His mouth is wide open.
- His chin is touching the breast.
- His bottom lip is curled back.
- The areola (the brown skin around the nipple), is more visible above the top lip than below.
- His suckling pattern changes from short to long deep suckling with pauses.

Feeding should not be painful. However, while you and your baby

are getting used to breastfeeding, you may feel some pain or discomfort when the baby first attaches to the breast, but should fade quickly. If it continues to hurt, this probably means your baby is not properly attached. In this case, take him off by gently pressing your breast away from the corner of his mouth so that the suction is broken and help him to reattach. If the pain continues, make an appointment to see your healthcare provider.

TIPS FOR SUCCESSFUL BREASTFEEDING

There are few things you can do to make breastfeeding a positive experience for you and your baby:

- Minimize use of medicated pain relievers during labor and birth. These have the potential effect to make the baby lethargic and reluctant to breastfeed.
- Breastfeed within first hour of birth. Babies who feed soon after birth tend to have fewer latching and feeding problems.
- Breastfeed your baby on demand, meaning whenever your baby wants to feed. This stimulates the milk supply and prevents breast engorgement.
- Room in your baby while you are in hospital. Keeping baby with you most of the time helps you both to know each other better.
- Breastfeed unassisted. Doing so will help you to feed independently and will increase your confidence in feeding.
- Avoid using dummies, pacifiers or bottles so that your baby does not experience nipple confusion.
- Get as much rest as possible. Try to sleep when baby sleeps. Make

sure you have someone to take care of other household chores.

- Babies thrive on breast milk and usually do not require additional food or water in the first 6 months; not even in hot conditions.
- Having the right bra will make breastfeeding more successful. Choose a soft cup which is comfortable and supportive. While nursing, your breast size changes, so underwire bras are discouraged. Usually, nursing bras are the most comfortable with one cup size bigger than your normal.

NOTE:

Most of the common problems experienced by breastfeeding mothers in the first few weeks – such as sore nipples ,engorgement and mastitis - occurs either because the baby is not attached to the breast correctly or because the baby is not put to the breast as often as he should. Ask for help if you are unsure . Information on how to get help is available at the back of this leaflet.

BREASTFEEDING PATTERNS

Babies feeding patterns vary enormously. Remember the more you breastfeed, the more milk you will produce.



More feeding = more signals = more milk

Therefore each time your baby feeds, your milk supply builds up. While he is learning, his feeds may also be quite long. Many mothers worry that frequent feeding means that their baby is not getting enough milk. This is unlikely to be the case if he is latched on properly. Once you and your baby are used to breastfeeding, it will become a simple and bonding experience.

You don't have to eat special foods while breastfeeding; but try to eat a balanced diet. Be cautious when introducing certain foods to your diet, such as nuts and seafood, as it may cause some allergies to the baby when breastfed.

TIPS FOR WORKING MOMS:

Going back to work may mean that you will have to be separated from your baby for a long period of time. Continuing to breastfeed helps to maintain the close bond between you and your baby and offers him extra comfort and security.

Here are some ways it could work for you:

- Bring your baby to work if you are working in a family business or own a shop.
- Bring work to your baby. If your employer allows it, working at home 1-2 days a week gives you more time to breastfeed.

- On-site day care or a daycare close to your work will allow you to breastfeed during breaks or before and after work.
- Breastfeed at home and express milk (taking milk from your breast by hand or pump) so that your babysitter can feed your baby while you are at work.
- Arrange a place at work to express your milk. It can be a ladies lounge or an empty room to pump in privacy. Some places have special lactation lounges for mother to breastfeed or to express.
- Express your milk every 3-4 hours based on your baby's feeding pattern, and store milk in fridge. You can also store your expressed breast milk in a cooler with ice packs.

EXPRESSING YOUR BREAST MILK

Why you may want to express your milk:

- If you are going back to work.
- If you need to help your baby latch-on to a full breast.
- If your breast feels full and uncomfortable.
- If your baby is too small or sick to breastfeed.
- If you need to be away from your baby for more an extended period of time

Methods of expressing your milk:

There are three main methods of expressing your milk:

1. By hand.
2. By hand pump.
3. By electric breast pump.

Whichever method you choose, it is important that you wash your hands thoroughly before you start. All containers, bottles and pump pieces must be washed in hot soapy water and sterilized before use.

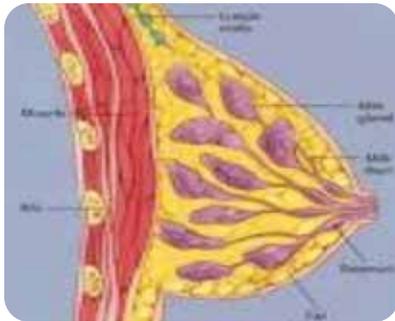
To encourage your milk to flow:

- Try to be as comfortable and relaxed as possible. Sitting in a quiet room with a warm drink may help.
- Have your baby close by. If this is not possible, have a photograph of your baby to look at instead.
- Have a warm bath or shower prior to expressing, or apply warm flannels to your breast
- Gently massage your breast. This can be done with your finger tips or by rolling your closed fist over your breast toward your nipple. Work around the whole breast, including underneath. Do not slide your fingers along your breast as this can damage the skin.
- Gently roll your nipple between your first finger and thumb. This encourages the release of hormones which stimulate your breast to produce and release the milk.

As you get used to expressing your milk, you will find that you do not need to prepare so carefully. Just like breastfeeding, it gets easier with practice.

HAND EXPRESSION:

This is a cheap and convenient method of expressing the milk, particularly if you want to relieve an uncomfortable breast. These instructions are a guide; but the best way to learn is to practice so that you find what works for you.



Underneath the areola (the dark skin around the nipple), usually towards the edges, there are small reservoirs of milk.

These can be often felt as small pea-like structures underneath the skin. The milk collects in these reservoirs and it is from here that you express the milk.

Each breast is divided into about 15 sections (lobes), each with its own reservoir of milk.

When expressing milk by hand, remember these important tips:

1. Rotate your fingers around the breast to ensure that the milk is expressed from all the lobes. The milk may take a minute or two to flow

2. You will need to collect the milk in a sterile, large mouthed container.
3. With practice, it will be possible to express from both breasts at the same time.
4. Be careful not to slide your fingers along the breast as this can damage the delicate breast tissue.
5. You should not squeeze the nipples as this will not be effective and could be painful.

TECHNIQUE FOR HAND EXPRESSION:

1. Place your first finger under the breast, towards the edge of the areola, and your thumb on top of the breast opposite the first finger. (You may be able to feel the milk reservoirs under the skin). If you have a large areola, you may need to bring the fingers in slightly from the edge; if areola is small then move the fingers outward slightly. Your other fingers can be placed to support the breast underneath in shape of a "C".
2. Keeping your fingers and thumb in the same place on your skin, gently press backwards.
3. Maintaining this gentle backward pressure, press your thumb and first finger together and forwards, so expressing the milk out of the reservoirs and towards the nipple.
4. Release the pressure to allow the milk to refill and then repeat steps 2 and 3.

Once you have the "knack", steps 2 and 4 will take very little time.

You will be then able to build up a steady rhythm. This will result in the milk dripping and perhaps spurting from the breast.

HAND PUMPS:

Hand pumps are easier to use when breasts are full than when they are soft. There are a number of different designs, all of which work in slightly different ways. Some are operated by hand and some by battery. They all have funnels which fit over the areola and nipple.

ELECTRIC PUMPS: (Get an animated picture)



These are fast and easy because they work automatically. They are particularly good if you need to express for an extended period of time. If using an electric pump, you should try to express a minimum of 6-8 times in 24 hours, including once in the night to maintain your milk supply.

It is possible to express both breasts at the same time using an electric breast pump. This is quicker than other methods and may help you to produce more milk.

Make sure to follow the manual instructions very carefully when using a hand or electric pump.

STORING BREAST MILK:

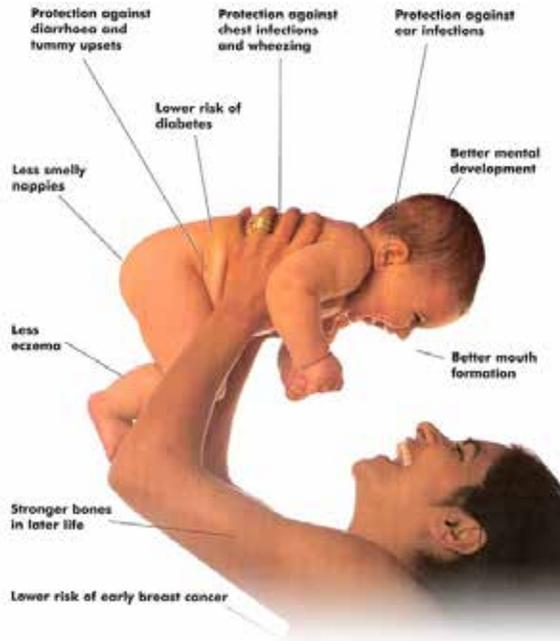
Breast milk can be stored in the refrigerator at a temperature of 2-4 degrees for about 7-8 days. If you do not have a refrigerator thermometer, it is probably safest to freeze any breast milk that you do not intend to use within 24 hours.

Breast milk can be kept frozen for 2-3 months safely in an airtight plastic container. Remember to put a label with the date on each container and use them in rotation. Frozen milk should be thawed slowly in a refrigerator or at room temperature. Once it is warmed to room temperature, it must be used or thrown away, if not used. Thawed breast milk should never be put back in freezer.

Breast milk should not be defrosted in a microwave as it may heat unevenly and burn your baby's mouth.

Breastfeeding Benefits

How many can you point to?



Who to ask for more information:

Your health visitor can answer any questions you have about feeding your baby.

You can contact her on:

Telephone Number: 182-6666 Ext.: 1337

Mobile Number: 9788-2304

Or the Nursing Supervisor on Duty:

Mobile Number: 9984-1892