



BREASTFEEDING



Breastfeeding, also known as nursing, involves feeding an infant with breast milk. This can be done directly from the breast or by expressing milk & feeding it to the infant with a bottle. Breastfeeding is a special experience that brings many benefits for both mother and baby.

Benefits of Breastfeeding for baby

Breastfeeding can help protect infants against several chronic and acute diseases.

Babies who are breastfed are less likely to suffer from asthma, obesity, type 1 diabetes, and sudden infant death syndrome (SIDS).

Breastfed infants have a lower risk of stomach bugs and ear infections.

Breast milk contains antibodies passed from the mother to her baby, helping in the development of a strong immune system and protecting infants from illnesses.

Nutritional benefits of breast milk

Breast milk contains everything your baby needs to grow and develop. It provides a unique and specific formula of vitamins, minerals and antioxidants.

Breast milk supports your baby's health because it:

Is easy for their immature tummy and intestines to digest.

Has the right amount of fat, sugar, water, protein and vitamins for your baby's development.

Promotes healthy weight gain.

Changes in composition to meet your baby's nutritional needs over time.

Contains substances that naturally soothe your baby.

Benefits of Breastfeeding for Mothers

Breastfeeding strengthens the bond between mom and baby.

It also lowers the risk of health issues like breast and ovarian cancer, diabetes, and high blood pressure, as well as osteoporosis later in life for moms.

Breastfeeding helps moms recover faster after childbirth.

Breastfeeding also helps mothers lose weight after childbirth.

Tips for Successful Breastfeeding

Skin-to-skin contact soon after the birth of your baby can help with bonding and help promote breastfeeding. This closeness with your baby comforts them, stimulates feeding reflexes, and boosts your milk supply.

Support your baby's neck, shoulders, and back, so they can tilt their head back and swallow easily.

Let your baby latch themselves onto the breast, avoiding leaning your breast forward into their mouth, which can cause poor attachment.

Take care of yourself while breastfeeding. Eat a healthy diet and stay hydrated.

For exclusively breastfed babies, they need no other food or drink until at least six months old. You can tell your baby is getting enough breast milk in the early weeks if they have six or more heavy, wet diapers and at least one bowel movement a day.

A good latch is important for successful breastfeeding. If you have any questions or concerns after leaving the hospital, don't hesitate to contact your healthcare provider or lactation consultant.