

How to Successfully Breastfeed Your Child

The benefits of breast milk

Breast milk contains natural antibodies with nutrients including high calories and fat. It reduces the chance of illnesses such as intestinal and respiratory infections.

The benefits of breastfeeding

- Reduce body weight gained during pregnancy
- Reduce risk of breast and ovarian cancer
- Promote mother-baby bonding
- Convenient and economical
- Prevent overfeeding

Tips for healthy eating during breastfeeding

- Eat variety of foods, avoid picky eating
- Choose whole grains, and eat more vegetables and fruits
- Eat high protein food
- Choose fish rich in omega 3 fatty acid
- Eat high calcium food
- Consume foods that are rich in folate, iron, and iodine.
- Reduce processed food with added sugar
- Restrict alcohol consumption and caffeinated drinks

How to increase breast milk supply

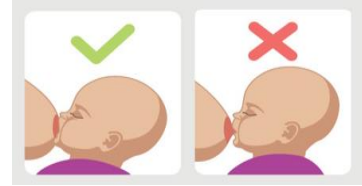
- Nurse or pump more
- Foods that help increase breast milk supply: oatmeal, brown rice, almonds, salmon, papaya, garlic, carrots, sweet potatoes, yams, green leafy vegetables

How long should you breastfeed?

The World Health Organization (WHO) recommends exclusively breastfeeding for 6 months and to introduce solids as complementary foods at 6 months of age.

Common questions from breastfeeding mothers

1. How can I tell if my baby is getting enough breast milk?
Signs of fullness shows when your baby slows or stops sucking, turns their head away from the bottle, or comes off your breast.



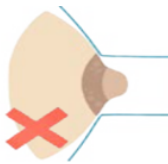
2. How do I prevent sore nipples?
Make sure your nursing position is correct and your baby has a good latch-on: wide open, lower lips curled out, and chin firmly touches breast.

3. How do I prevent engorgement and plugged ducts?
Nurse frequently, wear a supportive comfortable bra, apply cold compresses for engorgement and massage breast while feeding to reduce plugged ducts.

4. Why do I always feel pain and am not producing enough feeding when using the pump?

You may be using the wrong pump size. The breast shield is:

- Too big: too much of the areola is pulled into the tunnel during pumping which reduces efficiency
- Too small: the nipple will rub against the side of tunnel during pumping, causing pain



5. What position is correct for breastfeeding?

Many positions work for breastfeeding. It is important to find a comfortable position for you and your baby. Below are common positions for breastfeeding:

a. Side-lying: Both lie on your sides, facing each other. Baby's mouth should be level with your nipple.



b. Cradle hold: Cradle your baby with your arms. Baby should be facing you at nipple level.



c. Clutch Hold: Hold your baby facing upwards with head towards nipple. Support baby's back and legs with your arm.



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