

# Breastfeeding – a handful of knowledge

## Breastfeeding is a natural process

Milk production already begins during pregnancy. For the first six months of its life, a baby needs nothing other than breast milk. After that, it is recommended that infants continue to be breastfed in addition to receiving suitable complementary foods. For as long as the mother and child wish, even for two years or longer.

## Skin-to-skin contact immediately after birth

Time to fall in love! Prolonged and undisturbed skin-to-skin contact helps establish a strong emotional bond. Often, the baby will then begin to breastfeed of its own accord.

## Laid-back breastfeeding

The mother reclines, well supported and relaxed, with her baby tummy-down on top of her. This position helps the newborn find the breast, because its innate breastfeeding reflexes can take effect.

## Frequent breastfeeding is important

A baby will want to breastfeed eight to twelve times – or more – in 24 hours. This gives it ample milk and a lot of physical contact.

## Hand expressing breast milk

Mothers can also express their milk effectively by hand. It's very convenient, easy to learn, and means they are not reliant on technical devices.

## WHO breastfeeding recommendations

It is recommended that babies be exclusively breastfed for the first six months of their life. Your child needs no other foods or liquid. From the seventh month onwards, gradually start introducing complementary foods while continuing to breastfeed up to the age of two years or beyond – whatever works best for you and your child.

## The Baby-Friendly Initiative

“Baby-Friendly Hospital” is a system that is established the world over. In Germany, the initiative ensures the quality of our Baby-Friendly certified hospitals. All of them work according to the proven WHO and UNICEF Ten Steps – with tangible success. We create space for love.

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