



Breastfeeding tips

**Practical tips
for breastfeeding!**



Mother's milk increases your mobility!



Breastfeeding increases mobility and independence. Mother's milk is always available, is free from dangerous germs, and is given at the right temperature. Nothing is missing from this natural infant nutrition because the "recipe" has been tried and tested for hundreds of years! Baby-friendly hospitals provide support for you as you start breastfeeding and beyond.



Practical tips for breastfeeding

A good breastfeeding position is important:

Your baby's entire body should be turned towards you with the baby's mouth at the level of your nipple. When he opens his mouth wide, your baby can intuitively find your nipple on his own. Leaning back slightly will make breastfeeding easier for both you and your baby. Use a breastfeeding pillow or rolled up hand towels to create a comfortable position. While breastfeeding, your baby should take as much of the nipple into his mouth as possible so that he can empty your breast and not cause you any discomfort. Use various breastfeeding positions and switch them as you feel necessary.

Breastfeed as needed: Whenever your baby signals the need or if your breasts feel full or sore. If one area of your breast is harder than others, position the baby with his lower jaw pointed toward this area.

Breastfeeding calms your baby: Breastfeeding calms babies who are fussy or crying. Don't wait until your baby is crying hard because then he will not be able to attach well to your breast.

Breastfeeding at home

Let your baby feel your warmth and closeness - it's best when Mama's bare skin touches the baby's. This stimulates milk production and helps your baby to develop well.

Set up a cosy "breastfeeding space"

with drinks and snacks ready for you because breastfeeding makes you thirsty and hungry.

At night it is more convenient to have your baby near you so you don't have to get up

to breastfeed. In the parents' section at www.babyfreundlich.org you will find information about what you need to consider when your child is in bed with you.



Breastfeeding when you're on the go

A baby carrier or baby sling helps make everyday life with your baby easier and enables you to be outside together in the fresh air. This strengthens the body's defences. In general, children who are carried a lot are calmer and more relaxed.

Mother's milk increases mobility and breastfeeding should be part of life in public.

Enjoy being out and about. You can breastfeed your baby in cafés, restaurants and parks. Even bookstores often have reading corners that are suitable for breastfeeding. To give yourself and your baby more privacy, you can use a large blanket or shawl. In department stores, fitting rooms are an option. Many churches and museums are open during the day and you can take a breastfeeding break with your baby there.

After discharge from the hospital

Baby-friendly hospitals are still there for you.

When you are discharged from a baby-friendly hospital, you will get information about where you can find further support for breastfeeding, such as in breastfeeding groups in your area.

Most baby-friendly hospitals also offer their own services, such as a 24-hour breastfeeding hotline or an outpatient clinic for breastfeeding where you can call or visit if you have questions or problems.

Visit their breastfeeding café or group, which is headed by trained breastfeeding counsellors.

You can get to know other mothers there and meet up again with women who had their babies at about the same time you did.

Checklist

If your baby is seven days old or older, you can use this checklist to find out if you need professional support for breastfeeding.

	YES	NO
1. Do you breastfeed eight to twelve times or more within 24 hours?	<input type="radio"/>	<input type="radio"/>
2. Does your baby have at least six very wet (heavy) nappies per day?	<input type="radio"/>	<input type="radio"/>
3. In the first four to six weeks, does your baby pass a yellow stool at least once a day?	<input type="radio"/>	<input type="radio"/>
4. Does your baby receive mother's milk only (no other liquids, such as tea or baby formula)?	<input type="radio"/>	<input type="radio"/>
5. Do you let your baby feed from one breast until he stops on his own before offering him the other breast?	<input type="radio"/>	<input type="radio"/>
6. Is your baby content after breastfeeding or is he sleepy (even without a dummy/pacifier)?	<input type="radio"/>	<input type="radio"/>
7. Are your breasts and nipples free of any problems?	<input type="radio"/>	<input type="radio"/>

If you answered **YES** to all of the questions, you and your baby are doing well with breastfeeding. If you answered **NO** to one or more questions, you should contact your midwife, lactation consultant or baby-friendly hospital. Breastfeeding group leaders will also be happy to provide support. There is quick help available for any initial difficulties.



Baby-friendly hospitals online

Are you looking for a baby-friendly maternity or children's hospital? See the informative parents' section of the WHO/UNICEF initiative at www.babyfreundlich.org. There you will find the addresses of baby-friendly hospitals in your area. The website offers a wide variety of information about giving birth and breastfeeding as well as interesting service pages and current information.

These breastfeeding tips have been presented by the



Baby Friendly WHO/UNICEF Initiative

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