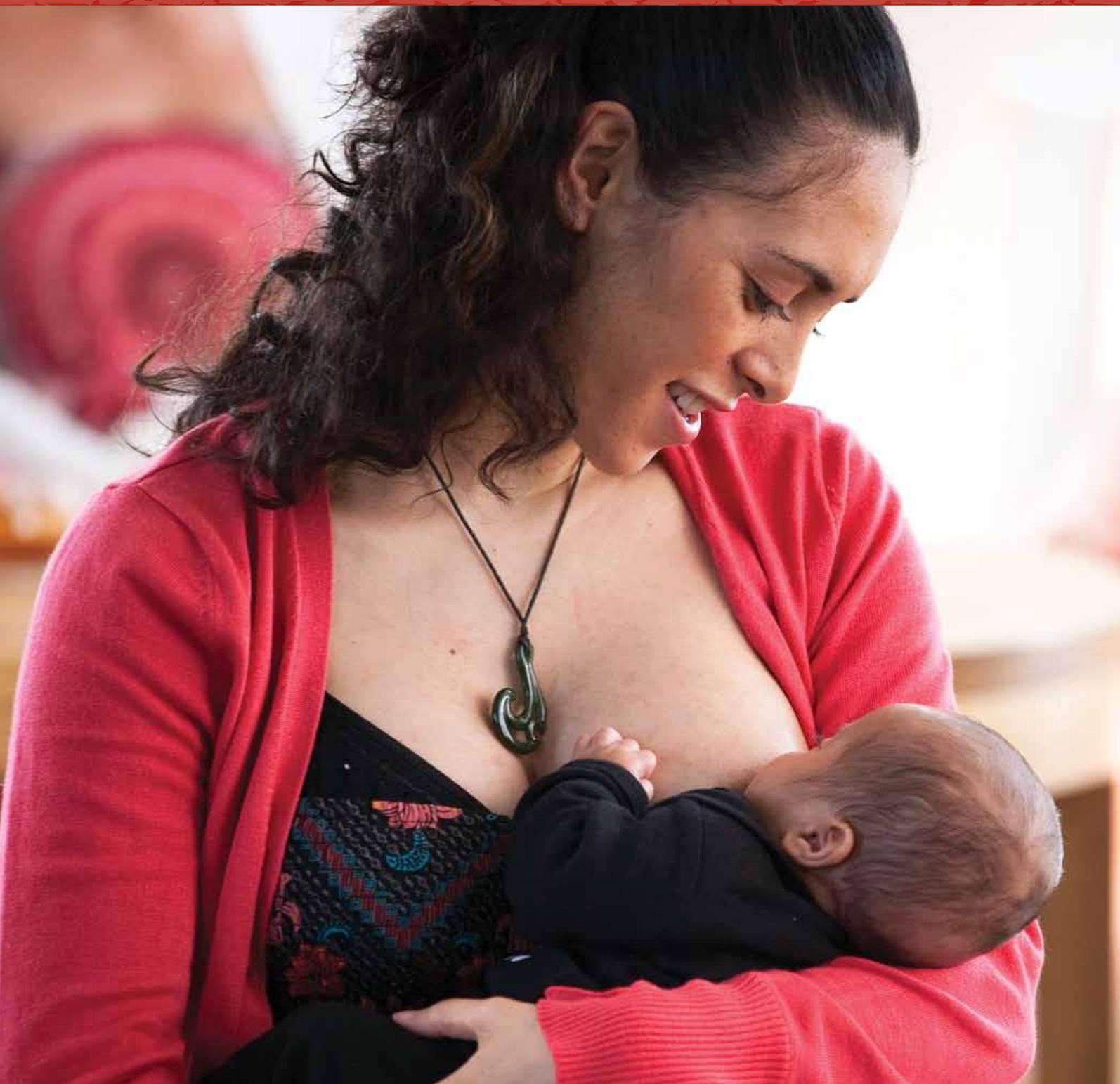


# *Your* Guide *to* Breastfeeding



# About this booklet

This guide will help you get the most enjoyment from breastfeeding your baby.

It tells how you can get off to a good start with breastfeeding. (Page 4)

It shows you different ways to hold your baby when breastfeeding. (Page 6)

It tells you about some of the possible problems, and how to avoid them or solve them. (Page 10)

It gives Dad some ideas on how he can help you with your new baby. (Page 14)

Any questions, or just want to talk to someone about breastfeeding? Call one of the numbers on the back page.



# It's the natural thing to do!

- 1 Breastfeeding gives your baby the best start to life.
- 2 Your milk has everything your baby needs to grow strong and healthy.
- 3 You are giving your baby food, drink, comfort, security and love at the same time.
- 4 It's free! You don't have to buy anything to breastfeed.
- 5 Don't be shy. Talk to family or friends who have breastfed. You'll find them a great help.



# The First Feed

After the birth hold your baby skin-to-skin. He will love being there and he will know what to do.

Having your warm skin next to his will be a comfort to him, and he will be soothed by your heartbeat.

Baby may be ready to feed after only 30 - 60 minutes.

In the first few days after birth your baby will want lots of small feeds, maybe 10 to 12 times every 24 hours.





At the start you make a small amount of a special milk, called colostrum. It is all your baby needs. It protects him against infection and satisfies his thirst and hunger.

The more times he feeds at your breasts, the more milk your breasts will make. It doesn't matter if you have big or small breasts, they will still make enough milk to meet his needs.

Remember - practice makes perfect. It may take time before breastfeeding feels like the most natural thing in the world.

*(\* If you have a girl just replace 'he' with 'she' and 'him' with 'her'. If you have a boy, replace 'she' with 'he' and 'her' with 'him'.)*

# This is how to do it

There are a number of feeding positions. Find a way that's right for you. Ask your support people to help you find the best position to feed.



Transition hold



Cradle hold



Football hold



Lying down

1. Get comfortable.

2. Bring your baby to your breast,  
not your breast to your baby.

3. Hold baby close, tummy to tummy,  
NOT baby on back with head turned.  
Support your breast with one hand.



6. It should feel comfortable.

*If it doesn't, your baby isn't on the breast the right way. Stop him sucking by slipping your little finger in the side of his mouth. Then try putting him on the breast again.*



5. Get really close. Your baby needs to get a big mouthful of breast.

*Check baby's head is tilted back a little, and his chin is close in against your breast.*



4. Make sure that your baby's mouth is wide open.

*Bring him to your breast chin first. When he feels the breast touch his chin, he will open his mouth wide.*

# You're on your way

The more milk he takes, the more you make.

To keep making lots of milk, breastfeed as much as possible.

- Let your baby feed as much as he wants from the first breast.
- Burp him, change him, or have a cuddle before offering the second breast to see if he wants more.
- At the next feed, start on the opposite breast to the one you started on last time.

Your baby will tell you when he is hungry. Watch him for signs - moving his head and opening his mouth, or putting his fist to his mouth. Crying is often his last sign.



# Is your baby getting enough food?

She is getting all that she needs if:

- she looks healthy and alert
- her skin is firm
- she is growing.



To find out how much is going in, check what's coming out. If your baby is getting enough milk she will be having this many wet nappies:

Day 1 and 2	1 or 2 wet nappies per day
Day 3 and 4	2 or 3 wet nappies per day
Day 4 on	5 to 6 wet disposable nappies, or 6 - 8 cloth nappies per day and at least 3 or more poos per day for the first six weeks.

Your baby may lose weight in the first three or four days after birth, but she should be back to birth weight when she is 10 to 14 days old.

Remember – there's lots of help out there. If you're unsure of anything, or want someone to talk to, please call one of the phone numbers on the back of this booklet.

# Things to watch for

## Sore Nipples

1 Breastfeeding should not hurt.

2 Be sure your baby opens wide and has a big mouthful of breast, and not just the nipple.



3 To treat sore nipples, try rubbing a little breast milk gently on your nipples after each breastfeed, or use purified lanolin to speed up the healing.

4 Offer baby the least sore side first.

5 If your nipples are still painful, ask for help before they get worse.

# Swollen Breasts

In the first week after giving birth, when your breasts start making more milk, they may swell up and feel heavy, hard, warm and painful.

## What to do:

Keep on breastfeeding, night and day.

Before breastfeeding place a warm, damp towel over your breasts.

Express a little milk before feeding to soften the breast for your baby.



Stand in a warm shower.

*Place rinsed raw cabbage leaves in your bra. Use new leaves after each feed, or when they become wilted. Stop using them as soon as your breasts feel more comfortable. Ice packs can also be helpful.*

Avoid dummies or bottles. Let your baby breastfeed.

# Sore Breasts

If you can see red patches on your breast, or can feel a hard sore lump in it, this means your milk supply is blocked in a part of your breast. If you have a slight fever and feel tired and achy, you could have a breast infection.

Do something about it straight away.

## This is what you can do:



Keep on feeding your baby from both breasts.

Apply heat to the sore area before feeding. Use a warm damp flannel or wheat bag.

Massage any hard area of your breast every time your baby pauses between sucks.

Look after yourself. Make time to lie down and rest during the day, as well as at night.

Drink plenty of water, and eat fruit that is rich in vitamin C, like oranges.

If you do not feel better in 8 to 24 hours, ask for help.

# A few things worth knowing

The first milk you make is very good for your baby. This milk, called colostrum, protects against infection and provides a great start in life for your new baby.

The more your baby breastfeeds the more milk you'll make. You don't have to drink milk to make milk.

Being a new mother is tiring. You will feel better if you are eating healthy food.

It doesn't matter whether your breasts are big or small, they will make enough milk for your baby.

It's normal for babies to want to be held and to be close to you, even when they don't want feeding. It helps them feel secure and loved.

If you are working you may be able to get 14 weeks paid Maternity Leave. It's a great time for you and your baby to get to know each other, and to become comfortable with breastfeeding.

If you are going back to work ask your support person for information about breastfeeding and working.

# Hey Dad! You have an important part to play

1 Tell mum what a great job she is doing.

2 You can comfort your baby, rock him in your arms and bath him. It's important you get close to your baby, so he gets to know you and feels safe and secure with you.

3 You can change your baby before or after his feed.

4 Your baby will also love being held skin-to-skin by you.

5 You can help with the housework and cooking so that Mum and baby can spend more time together.

6 Mum also needs hugs and cuddles from you, but being a new mother is tiring so sex may not be what she needs for a while.



# Dad, did you know...

Breastfeeding is great for your baby, because:

- breast milk is food and medicine all in one
- baby will get fewer colds, tummy bugs and chest infections
- it's easy on baby's tummy
- baby is less likely to get glue ear
- baby is at less risk of cot death.



Breastfeeding is great for Mum, because:

- night feeds are easier
- it's an easy way to keep baby happy
- there's less risk of some cancers
- it can help her get her figure back.

Breastfeeding is great for your family too, because:

- it's free! - there are no bottles or artificial baby milk to buy
- there's no need for heating or cleaning bottles
- there's no waste
- there's less money spent on doctors and medicine
- it's the only food baby needs for the first six months.

# Look who's supporting you.

Because breastfeeding is one of the best things you can do for your baby, we will give you as much help as possible to make it a wonderful experience for you both.

If you have any questions about breastfeeding, you can contact:

**Healthline** ..... 0800 611 116

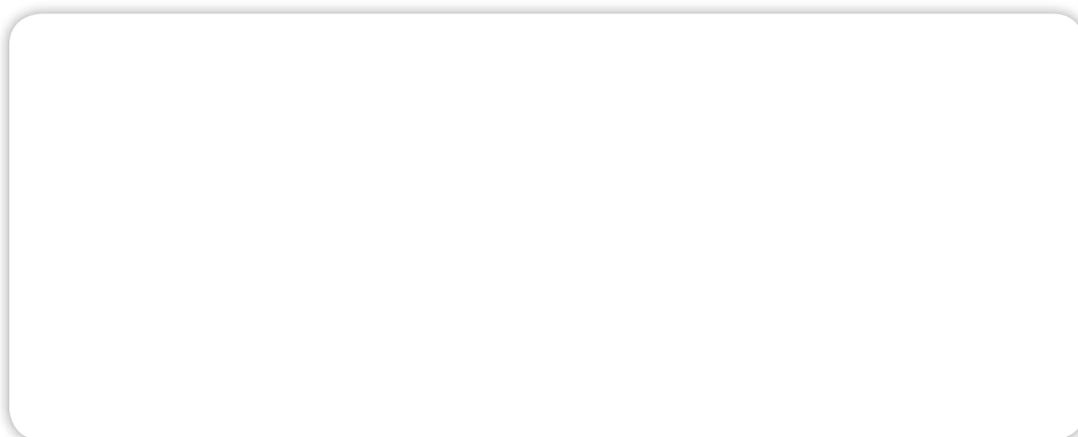
**Plunketline** ..... 0800 933 922

**La Leche League Auckland** ..... (09) 846 0752

**La Leche League New Zealand**..... [www.lalecheleague.org.nz](http://www.lalecheleague.org.nz)

or ..... [help@lalecheleague.org.nz](mailto:help@lalecheleague.org.nz)

Help is only a phone call away:



[www.breastfeeding.org.nz](http://www.breastfeeding.org.nz)

