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Breastfeeding

Mother's milk is the best food you can give to your child.

It provides all the nutrition needed by a healthy baby during

the first 6 months of life, protects against many diseases, helps

create emotional bonds and fosters intellectual development.

In addition, mother's milk is an ecological food and saves money for families.

How to breastfeed your baby

Offer your breast as soon as you can within the first few hours after birth and establish direct skin to skin contact with your baby.

The first few days the milk will be a yellowish fluid (colostrum) that is high in protein. A few days later mature milk is produced. At the beginning of each feeding session it will be watery and high in sugar and will then become creamier and richer in fats towards the end.

Frequency and duration

There are no fixed schedules for nursing, follow your baby's lead. Don't worry about how long or how much your baby nurses: breastfed babies regulate themselves and the mother's body adapts. Breastfeeding patterns vary. Each feeding should last until the baby spontaneously comes off the breast. It is not necessary to nurse from both breasts at each feeding but it is best to completely empty one of them.

The majority of problems are due to incorrect positioning. A proper technique will prevent cracked nipples, which can be very painful and are one of the main reasons for giving up.

Regardless of the position you choose (sitting up or lying down), the most important thing is that there be **close contact between the two of you (navel to navel) and that the baby's lips are wrapped around the nipple**.

Positioning and how to latch on to breast

Other recommendations

A daily shower is the only necessary hygiene measure.

Eat a varied and balanced diet. You do not need to eat more than usual. Drink plenty of water.

Avoid stressful situations.

It may be useful to learn how to extract milk and store it (in the refrigerator or freezer) so that other people can help when you are unable to nurse your baby.

If you smoke or drink, this is a great time to quit.