

BREASTFEEDING NURSING MANUAL



Start Healthy Stay Healthy.

— First 1000 Days Nutrition Program —

Start Healthy, Stay Healthy |



Search

THE FIRST 1000 DAYS OF LIFE START WITH YOUR PREGNANCY

AND LAST UNTIL YOUR BABY'S SECOND BIRTHDAY.

“ Since the first moment, you, as a mother, have been **giving your baby the appropriate nutrition** during pregnancy, monitoring your nutritional intakes, breastfeeding, then, later on, creating your delicious recipes. ”

- Proper nutrition is essential for your baby's healthy growth and development. Nutrition also contributes to a better development of the immune system that may prevent future eating disorders such as overweight and obesity ¹.
- In the first stage of life, it is key to provide the little one with adequate and healthy nutrition, which allows him/her proper growth and development of the motor and cognitive system.

THE FIRST 1000 DAYS OF LIFE



PREGNANCY

270 days



1ST YEAR

365 days



2ND YEAR

365 days

- It has been proven that the type of food your baby has during the first 1,000 days of life, is crucial for future health and growth.


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1.-Albert R, Antoine JM, Bourdet-Sicard R, Calder PC, Gleeson M, Lesourd B, Samarfin S, Sanderson LR, Van Loo J, Vas Dias FW, Warzl B. Makers to measure immunomodulation in human nutrition intervention studies. Br J Nutr 2005; 94: 452-81.

YOUR BREAST MILK IS NATURE'S PERFECT FOOD AND WILL GIVE YOUR BABY THE BEST START IN LIFE.

The World Health Organization (WHO) recommends exclusive breastfeeding for at least 6 months, followed by the introduction of adequate, nutritious complementary foods along with sustained breastfeeding up to two years of age and beyond. It is also important to know that breastfeeding benefits both you and your baby.



WHY BREASTFEEDING IS BEST FOR YOUR BABY AND YOU.

BEST FOR YOUR BABY

- Breast milk contains all the nutrients your baby needs in the exact quantity required for his age.
- Breast milk is easy for your baby to digest.
- Breast milk strengthens your baby's natural defences.
- Breast milk reduces the risk of diseases (e.g. infections, allergies).

BEST FOR YOU

- Breastfeeding stimulates hormones that help your body recover from pregnancy and birth.
- Breastfeeding helps you burn extra calories and lose weight.
- Breastfeeding helps reduce the risk of breast and ovarian cancers as well as osteoporosis.
- Breastfeeding saves money for the family.

BREASTFEEDING CREATES
A UNIQUE EMOTIONAL BOND BETWEEN
MOTHER AND CHILD.

WHAT TO EAT TO FEED THE BEST?

BEST TO EAT OR DRINK

- ✓ You need 500 calories more per day to provide for your needs and those of your baby.
- ✓ Focus on **cereals, fruits and vegetables** which are packed with healthy nutrients and fiber.
- ✓ You need more polyunsaturated fat, **go for fish 1-2 times a week.**
- ✓ Think calcium, **eat dairy products.**
- ✓ Drink **8 to 10 glasses** of water every day.



BEST TO AVOID OR REDUCE

- ✗ Drinking alcohol and smoking.
- ✗ Taking medicines that have not been prescribed by your doctor.
- ✗ Foods that spoil easily and could cause food poisoning (raw meat, egg or seafood) or gastrointestinal discomfort in your baby (onion, cabbage, berries, spices and condiments).
- ✗ Confectionery, and more generally 'empty calories'.

HOW TO KNOW IF YOUR BABY IS HUNGRY?

BABIES CAN COMMUNICATE THEIR HUNGER WITH LITTLE SIGNS: BEGIN BREASTFEEDING AT THE FIRST SIGNS OF HUNGER, DO NOT WAIT UNTIL YOUR BABY CRIES.

- Sucking motions
- Smacking sounds
- Licking the lips and sticking out the tongue
- Rapid eye movements
- Sucking sounds
- Putting the hand in the mouth and sucking it
- Crying is usually baby's last resort

HOW TO TELL IF YOUR BABY IS GETTING ENOUGH BREAST MILK?

THERE ARE SEVERAL WAYS YOU CAN TELL WHETHER YOUR BABY IS GETTING ENOUGH MILK. THEY INCLUDE ALL OR SOME OF THE FOLLOWING THINGS:

- Your baby has frequent wet and dirty diapers.
- Your baby appears satisfied after feeding.
- Milk is visible during feeding (leaking or dripping).
- Your baby is gaining weight.

BABY'S FIRST FEEDING

Breastfeeding is the best way to ensure a healthy start for both you and your baby. The American Academy of Pediatrics encourages doctors and hospitals to assist new moms in the breastfeeding experience as soon as possible after birth. Here's an idea of what to expect:

PHASES OF BREAST MILK



Colostrum

Yellowish, translucent fluid your breasts secrete during the first few days of breastfeeding.

- Contains easy-to-digest proteins, vitamins, and minerals.
- Contains antibodies to help protect your baby from disease.
- Low in fat and high in proteins to help your baby grow fast.
- Only needed in very small amounts.
- Frequent, short feedings help the adjustment to breastfeeding, increase milk production, and help with your baby's first bowel movement.



Transitional milk

Marks the change from colostrum to regular breast milk in about three days from the onset of breastfeeding.

- As milk comes in your breasts, they may become very full and tender.
- Continue to breastfeed consistently every two to three hours; don't skip or prolong the time between feedings. Consistency is important at this time to help your body establish milk production and to synchronize with your baby's needs.



Breast milk

Nature's most perfect, nutritionally balanced food for your baby's healthy, natural growth and development. Starts to flow at about 15 days from the onset of breastfeeding.

- Evolves as your baby's nutritional needs change.
- Contains more of the fats and proteins needed for energy, weight gain, and healthy brain development.
- Is easy for your baby to digest.

Did you know?

BREAST MILK ACTUALLY CHANGES TO KEEP UP WITH BABY'S NUTRITIONAL NEEDS—EVEN WITHIN THE SAME FEEDING! AS BABY BEGINS A FEEDING, HE/SHE GETS THE HIGH-PROTEIN MILK NECESSARY FOR GROWTH. THE MILK THAT FOLLOWS HAS MORE OF THE FAT HE/SHE NEEDS FOR ENERGY AND WEIGHT GAIN.

HOW TO HOLD YOUR BABY WHILE NURSING

Successful breastfeeding takes practice and proper positioning. After you experiment with different breastfeeding positions, you'll arrive at what's most comfortable for both of you.

HERE ARE SEVERAL POSITIONS TO TRY:

CRADLE HOLD



- Sit upright and place your baby on his/her side across your lap, facing you.
- Support your baby's head, back, and bottom with your arm, then move his/her face near your breast.
- Brush his/her mouth or cheek with your nipple.

FOOTBALL HOLD



This position is most helpful if you've had a caesarean delivery, have large breasts, or if you are breastfeeding twins.

- Tuck your baby under your arm.
- Hold his/her head and neck in your hand.
- Let his/her feet extend toward your back.
- Use a pillow to support your arm, and use your free hand to direct your baby's mouth to your breast.

SIDE-LYING POSITION



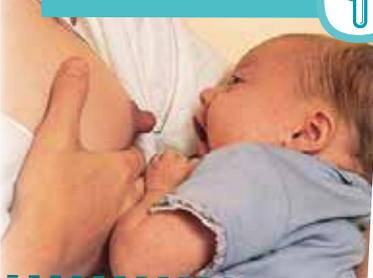
Many hospitals suggest this position if you've had a caesarean delivery.

- Lie on your side with your baby on his/her side, facing you.
- Position your baby's head at your lower breast.
- When your baby is attached to your breast, use your lower arm to support his/her head.

HOW TO HELP BABY LATCH ON TO THE NIPPLE

The key to successful breastfeeding starts with your baby being able to properly latch on to your breast. A proper latch will allow for good expression of the milk and will help protect your nipple. Follow these steps to help ensure that your baby latches on correctly and gets enough breast milk.

1



To start, cup your breast with thumb on top and forefinger underneath, and lightly touch your baby's lower lip with your nipple. This may be enough to stimulate him/her rooting reflex, and she'll turn her head to your nipple, mouth wide open.

2



When baby opens his/her mouth wide, draw him/her in close (rather than leaning in to the baby). If baby is latched on correctly, his/her lower lip curls down. Her mouth should be around the nipple and as much of the areola as possible. If she's latched on, you should hear several sucks, a pause, then a swallow.

3



When your baby is properly latched, there's a strong seal between her mouth and your breast. To release her from the breast, or to move your baby to the other breast, gently place your finger between her gums to break the sucking action. Keep your fingernails trimmed to avoid scratching your baby's mouth.

Burping baby

LEAN YOUR BABY UP AGAINST YOU, WITH HER CHIN RESTING ON YOUR SHOULDER; RUB OR GENTLY PAT HER BACK WITH A BOTTOM TO TOP MOTION.

COMMON BREASTFEEDING TOPICS

Here are some common concerns that breastfeeding moms sometimes encounter and solutions to minimize discomfort. Call your physician if your breast is sore and hot, has an area of spreading redness, or if you feel feverish.

HARD, SWOLLEN BREASTS

They result from the accumulation of milk as your breasts adjust to your baby's needs. Engorgement can also occur if your baby is not latching on properly and cannot drain the breast completely.

- Breastfeed your newborn every two to three hours, even if you need to wake your baby to do so.
- Take a hot shower or place a warm, wet cloth on breasts to relieve pain.
- Express a little milk (by hand or pump) if your breasts are too full for your baby to latch on.
- Alternate the starting breast between feedings. Start one feeding on the right breast and end at the left; next feeding, start on the left breast and follow with the right.

PLUGGED DUCTS

A small hard lump may form in your breast. It may disappear on its own after a few days.

- Start nursing with that breast first and let your baby nurse longer on that side.
- Massage the area between feedings.
- Apply a warm, wet cloth before nursing.

SORE NIPPLES

Vigorous suckling or improper latching on may cause sore or cracked nipples.

- Try a new feeding position.
- Air-dry your nipples after feeding.
- Rub your own milk around your nipples.
- Wear only cotton clothing.
- There are over the counter creams available, for example Lanolin, that can be used to help protect and repair, and are safe for baby.



LEAKING MILK

Milk leaking from your breast is a normal reaction before feeding, when you hear your baby cry or when you have gone a long time between feedings.

- Use absorbent nursing pads inside your bra.
- Change padding often.

BREAST TINGLING

You may experience some tingling as your breasts adjust to breastfeeding. If tingling only occurs when your baby starts breastfeeding, it's a normal sign of "let down", or your body releasing milk. If you have a fever or if one of your breasts is sore and hot, call your doctor. You may have a breast infection and require medication.

MILK REDUCTION

Just as plenty of rest and fluids help build your milk supply, fatigue can reduce it. Pay attention to your milk supply as you start getting back to your routine. If you notice a reduction, take it easy and drink more water.

DIFFICULTY LATCHING ON

- Try different feeding positions (see previous page).
- Make sure your baby takes enough of your nipple and areola into her mouth.

BREASTFEEDING IS
THE MOST NATURAL WAY
for you to give your baby the best
nutrition during the first 6 months of
life. It may sometimes require patience
but it is always worth the effort.

Breast milk to go

Taking the time to express your breast milk and storing it for future feedings is a good habit. If you choose to go back to work and give breast milk exclusively, expressing not only maintains your milk production but also provides Baby the nutritional benefits when you can't be there to breastfeed.



STORING BREAST MILK

Proper storage of your breast milk is essential to your baby's health and nutrition. To prevent contamination and bacterial growth, follow these guidelines:

- Use disposable bags designed exclusively for breast milk, or store breast milk in sterilized plastic or glass bottles.
- Immediate refrigeration is recommended— use sealed and chilled breast milk within 24 to 48 hours. Discard any that has been refrigerated more than 48 hours.
- You can store breast milk in the rear of a freezer that's attached to your refrigerator for approximately 30 days. If you have a deep-freeze (0°F) you can store breast milk in it up to six months.

THAWING BREAST MILK

- Place the bottle or bag of breast milk in a bowl of warm water or hold it under warm running water to bring it to room temperature.
- Never heat breast milk in the microwave. This causes hot spots that can burn your baby, and it may damage important nutrients.
- Do not refreeze thawed breast milk.



LEARN MORE BENEFITS OF BREASTFEEDING and join our initiative



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Important Advice for Mothers

Breast-feeding

Breast-feeding provides the best nutrition and protection from illness for your baby. For most infants, breast milk is all that is needed for the first 6 months. Many mothers continue to breast-feed after 6 months and give other foods as well. For advice on breast-feeding, consult your doctor or any other health professional, or a friend or relative who has successfully breastfed. Frequent feeding is the best way to establish and maintain a good milk supply. A well balanced diet, both during pregnancy and after delivery, also helps sustain an adequate supply of breast milk.

Advice especially for the working mothers

Your baby can still receive the benefits of breast milk even if you go out to work. Partial breast-feeding is better than bottle-feeding completely, so continue to breast-feed even if you have been advised to give other foods. Before you leave home in the morning and again when you return, breast-feed your baby. When mixed feeding, always offer the breast before giving other foods.

Remember: Breast milk is the best and most economical food for your baby.

Seek advice

The use of foods which are not intended for young babies can be harmful. Unnecessary introduction of partial bottle-feeding or other foods and drinks, will have a negative effect on breast-feeding. Therefore, always consult a health professional before introducing anything other than breast milk.

Using a breast milk substitute

If a doctor or other health professional recommends a supplement to breast-feeding, or its replacement, during the first 6 months, it is preferable to use an infant formula meeting recognized quality standards.

When used correctly this supplies the nutritional needs of your baby in an easy to digest form. You will need more than one can (450 g) per week if your baby is only bottle-fed, so keep your family circumstances and costs in mind before deciding whether to use infant formula.

As soon as your baby is old enough, feed infant formula with a cup and spoon.

**Educational material for mothers for distribution by health professionals only.
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To learn more about breastfeeding, nutrition and
the best start for a healthy life.

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