

BEYOND HEALTHCARE.

THE BREASTFEEDING GUIDE

a good start for a successful
breastfeeding journey



DO DOCTORS RECOMMEND BREASTFEEDING FOR MOST BABIES?

Yes. Doctors recommend breastfeeding your baby for at least 1 year (12 months) if possible. For the first 6 months, breast milk is the only food a baby needs. In addition to breast milk, when they are 4 to 6 months old.

WHEN CAN I START BREASTFEEDING?

Most women can start breastfeeding in the delivery room. It's best to start breastfeeding as soon as possible after giving birth, ideally within the first hour. 'Skin-to-skin contact' can help your baby learn to breastfeed. For the first few days, most women make only a small amount of yellowish milk called 'colostrum.' Colostrum has all of the nutrition a newborn needs. You will start making more milk after 2 or 3 days.

DOES MY BABY NEED ANY OTHER FOOD OR DRINK?

For the first 6 months, most babies need only breast milk. Babies who are breastfed also need to take extra vitamin D. This comes as a liquid that you give your baby using a dropper. Your baby's doctors can talk to you about how to do this and how much vitamin D to give.

HOW SHOULD I HOLD MY BABY DURING BREASTFEEDING?

There are different ways you can hold your baby during breastfeeding (figure). You can try different positions to figure out which way works best for your baby.



Cradle hold



"Football" position



Cross-cradle hold



Side-lying position

WHAT PROBLEMS CAN HAPPEN DURING BREASTFEEDING?

- Swollen, hard, and painful breasts
- Painful or cracked nipples
- Breast or nipple infections
- Blocked milk ducts, which can cause red and painful breast lumps

HOW OFTEN SHOULD I BREASTFEED AND HOW LONG SHOULD A FEEDING LAST?

A woman should breastfeed when her baby shows signs of being hungry.

A baby can show that he or she is hungry by:

- Waking up from sleep
- Moving the head around as if he or she is looking for the breast
- Sucking on his or her hands, lips, or tongue
- Feeding session might last between 20-40 minutes including the baby resting period

HOW DO I KNOW IF MY BABY IS GETTING ENOUGH BREAST MILK?

- Checking his or her diapers - by day 4 or 5 after birth, babies should have at least 6 wet diapers a day.
- Checking his or her bowel movements - by day 4 after birth, babies should have 4 or more bowel movements a day. By day 5, their bowel movements should be yellow.
- Having your doctor or nurse check to see if your baby is gaining weight

WHEN CAN I START BREASTFEEDING?

- A fever and a hard, red, and swollen area of the breast
- Blood leaking from the nipples
- Pain that lasts for the whole breastfeeding session

SHOULD I SEE A DOCTOR OR NURSE? - CALL YOUR DOCTOR OR NURSE IF YOU HAVE

- A blocked milk duct that does not get better
- A fever and a hard, red, and swollen area of the breast
- Blood leaking from the nipples
- Pain that lasts for the whole breastfeeding session

DO I NEED TO CHANGE HOW I EAT OR DRINK WHEN I AM BREASTFEEDING?

Maybe. You should eat a healthy diet and drink plenty of liquids. If you are trying to lose weight, breastfeeding might help. If you want to drink alcohol, most doctors recommend having only an occasional drink that has the amount of alcohol found in 1 glass of wine. They also recommend waiting 2 hours after having a drink before you breastfeed.

CAN I KEEP TAKING MY MEDICINES WHILE I AM BREASTFEEDING?

Some medicines are not safe to take while you are breastfeeding. But in most cases, it's possible to keep taking the medicines you need, or switch to different medicines, if you take any medicines, let your doctor or nurse know. He or she can make sure that those medicines are safe to take when breastfeeding.



A woman with blonde hair tied back, wearing a white knit sweater, is shown in profile, breastfeeding her baby. The baby is lying in her arms, and the woman is looking down at it with a gentle expression. The background is a bright, out-of-focus window with sheer curtains, creating a soft, natural light effect.

BREASTFEEDING AND NUTRITION

All you need to know about your
diet while breastfeeding

| BENEFITS FOR INFANTS

- Enhances immune system
- Protects against infectious and non-infectious diseases
- Protects against allergies and intolerances
- Promotes correct development of jaws, teeth, and speech patterns.
- Decreases risk of childhood obesity
- Increases cognitive function
- Reduces risk for heart disease

INCREASES BONDING

| BENEFITS FOR MOTHER

- Decreases risk of breast and ovarian cancer.
- Decreases risk of osteoporosis
- Decreases risk of diabetes and chronic diseases
- Promotes faster shrinking of the uterus to normal size
- Promotes weight loss
- Reduces postpartum bleeding
- Delays resumption of the menstrual cycle

INCREASES BONDING



Breast milk provides the ideal nutrition for your baby - it contains all the nutrients your baby needs in the right proportions. It also contains immunomodulatory components that play an important role in the maturation of your baby's immune system. The composition of breast milk changes according to your baby's needs, especially during the first month of life.

| BREASTFEEDING SCHEDULE:

- It is important to exclusively breastfeed for the first months
- Infants should be breastfed on demand - as often as the infant wants, day and night
- Some feeding sessions may be long or short - babies will take what they need at each feeding and stop when they are full
- In general, breastfeed for a minimum of 15 minutes on each breast every 2-4 hours (8-12 times in 24 hours)
- No bottles, teats or pacifiers should be used
- They are no miracle foods that increase milk supply
- Frequent feeding helps increase milk supply and your baby practice at sucking and swallowing
- It is recommended to continue breastfeeding even after solids are introduced up to 1 years of age and even 2 years of age if possible

MOTHER'S NUTRITION DURING BREASTFEEDING

- To breastfeed successfully, you should consume a healthy, balanced diet
- Breast milk production (volume) and quality (nutritional composition) are directly related to your diet
- The first 6 months of breastfeeding requires more protein, vitamins minerals and up to 500 more calories per day than you needed before pregnancy
- The second 6 months of breastfeeding requires approximately 400 more calories per day
- The more you nurse, the more calories you need
- Extra calories should be from nutritious foods such as whole grains and cereals, lean meats poultry, seafood, legumes, nuts, eggs, low-fat or nonfat dairy, fruits and vegetables
- Limit food high in added sugars, saturated fat and sodium
- Drink 8-12 cups of caffeine-free beverages per day



| BREASTFEEDING AND WEIGHT LOSS:

Breastfeeding and a healthy diet provide a natural way for you to lose weight gained during pregnancy because it increases your calorie needs. You can lose weight without changing your food intake or activity pattern! It is important to have good nutrition while your milk supply is established in the first 2 months. Too much weight loss or calorie restriction (less than 1500-1800 calories/-day) during this time can prevent you from getting enough nutrients and decrease your milk supply. After your milk supply is established, a slow weight loss of < 3 kg per months is recommended - losing weight more slowly will help you keep the weight off in the future. Including 30 minutes of light to moderate exercise can promote a weight loss of 0.5 kg per week while still producing adequate milk!

	Storage Location and Temperatures		
Type of Breast Milk	Countertop 25°C or colder (room temperature)	Refrigerator 4°C	Freezer -18°C or colder
Freshly Pumped	Up to 4 hours	Up to 4 days	Within 6 months is best
Thawed, Previously Frozen (in refrigerator or under lukewarm water)	1-2 Hours	Up to 1 Day (24 hours)	Never refreeze human milk after it has been thawed
Leftover from a Feeding (baby did not finish the bottle)	Use within 2 hours after the baby is finished feeding		



Food Group	Number of Servings	Recommended Foods	Example of 1 Serving
Grains At least 1/2 your grains should be whole grain	7-8 	Fortified ready-to-eat cereals Fortified cooked cereals like oatmeal Whole grain bread	• 1/3 medium loaf Arabic bread • 1 slice whole wheat toast • 1/2 cup rice, pasta, bulgur • 3/4 cup corn flakes • 1 medium potato
Protein Eat fatty fish rich in omega 3, twice per week (Salmon, sardines, trout..) Choose options lower in mercury: Cod, tuna, salmon, tilapia, herring	6-7 	Lean beef, chicken, turkey, lamb shrimp, clams, oysters, and crab Halibut, cod, rainbow trout, herring, sardines, and yellow-fin tuna Beans and peas (pinto beans, soybeans, white beans, lentils, kidney beans, chickpeas) Nuts and seeds (sunflower seeds, almonds, hazelnuts, pine nuts, peanuts, and peanut butter)	• 30g meat, chicken, fish • 1 egg • 1/2 cup cooked legumes • 1/3 cup unsalted nuts • 1 Tbsp peanut butter • 1/2 cup tofu
Fruits Choose at least 1 vitamin C rich fruit	At least 3 	Fresh, frozen, canned, and dried fruits Fruit juices	• 1 medium piece of fruit • 1/2 large piece of fruit • 1 cup chopped, cooked canned fruit • 1/2 cup dried fruit • 1 cup 100% fruit juice
Vegetables Choose at least 1 cup dark green/orange vegetables	At least 3 	Fresh, frozen, and canned vegetables Vegetable juices	• 2 cups raw • 1 cup cooked • 1 cup 100% vegetable Juice
Dairy Rich in calcium, vitamin D	At least 3 	Low-fat yogurt Fat-free milk (skim) Low-fat milk (1% milk) Reduced-fat cheese	• 1 cup milk • 1 cup yogurt • 2 Tbsp labneh • 45g cheese