



# Breast feeding Education



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Dear Mom,  
You are special.

Not only do you experience the biggest joy in the world called motherhood, you are also naturally capable of providing the perfect nutrition for your baby. Breastfeeding is ideal for the optimal growth and development of the baby up to the age of 2 years. As a new mom, you deserve all the support you can get to feed your baby. This booklet can help you overcome any discomfort at the learning stage. We hope that through it, the bond you share with your baby becomes a joyous one.

Happy breastfeeding!

### **Positioning**

When you and your baby are well positioned, your nipples stay healthy and your baby can feed most efficiently. A good “latch” is important for your comfort and effective breastfeeding. Follow these easy tips and you will soon master the process:

Make sure you are relaxed and comfortable

Your baby's body should be facing you, not only the face

Your baby's head should be supported and in a straight line with his/her body

Bring your nipple close to your baby's lips to stimulate him/her

Wait until your baby's mouth is wide open and do not force the breast in

Your baby should get a good mouthful of the nipple\*

Your baby's lips should be turned out, not rolled in

Your baby's tongue should be under the nipple

Make sure to change diaper before feeds

\*To prevent sore nipples, the baby has to suck from the areola (the coloured part of your nipple) and not only the nipple.

Re-try the latch if you experience strong discomfort or pain, your baby sucks in the cheek pads, makes clicking or smacking noises, or does not suck/swallow rhythmically. When your baby is full, he/she will stop sucking and swallowing.

## **Burping**

Burping should be done after each feed. This is how:

Gently take the nipple out of your baby's mouth

Position the baby on your shoulder, over your lap, or sitting on your lap

Gently rub and pat his/her back

Do not burp the baby too hard or the baby may throw up

## **Expressing**

Breast milk can be expressed by:

Hand

Manual pump

Electrical pump

Once you have expressed your milk, either use it straight away or store in the fridge to feed your baby later. In case you are feeding it later to your baby, ensure it is sufficiently warm by keeping it out in room temperature for 4 hours or keeping the bottle of (expressed) milk in warm water. Direct heating is not recommended.

## **Frequently asked questions**

### **How often should I breastfeed?**

Breastfeed whenever your baby wants, which is approximately every 2- 3 hours. This will increase your nutritious milk production.

### **How should I clean my breasts?**

Clean the breasts using water before feeding. Let the breast air dry after feeding. Wear a cotton bra for better air circulation. Do not use soap to clean the breast; it can lead to drying and cracks in the nipples.

### **How do I know my baby is hungry?**

Do not wait for the baby to cry. You have to observe the feeding cues like mouth opening, turns head to one side and searching for nipple, sucking on first etc.

Let your baby stay with you in the same room. This will help you know when he/she is hungry and be available to feed immediately.

### **For how long should my baby feed?**

Feeding usually takes 20 – 30 minutes. Let your baby empty the first breast before moving him/her to the other.

### **My baby wakes for a feed at night. What should I do?**

Dozing off in the middle of a feed and waking for a night feed is normal for newborns. We encourage you to breastfeed at night as it increases the milk production.

### **How do I take care of my nutrition intake?**

Maintain a healthy balanced diet. Aim for a slow and steady weight loss. You can always consult our Nutritionists or Gynaecologists for further guidance.