

Tips for Every Breastfeeding Position

Support your body, choose a comfortable chair or armrest, and use the pillow, lots of them, to lend extra support to your back and arms.

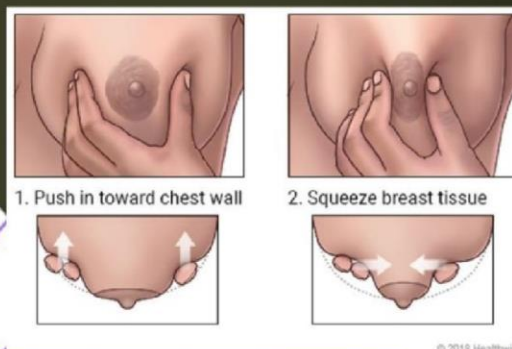
Support your breasts. Your breasts get bigger and heavier during lactation. As you nurse, use your free hand to support your breast with a C hold (4 fingers underneath the breast at 9 o'clock with your thumb on top at 3 o'clock.)

Vary your routine. Experiment to find a nursing position you find more comfortable. Many women find that the best way to avoid getting clogged milk duct is to regularly alternate breastfeeding holds.

Relax then nurse. Take a few deep breaths, lose your eyes, and think peaceful, calming thoughts. Keep a tall, cool glass of water, milk or juice on hand to drink while breastfeeding. Staying hydrated will help you produce milk.

Time to stop. Ideally, your baby will decide she's had enough when she drained one or both breast. If you need to change your baby's position, switch her to the other breast, or end her feeding for any reason, gently insert your finger into the corner of her mouth. A quiet 'pop' means you have broken suction.

Expressions



Storage

- Store milk in portions enough for feeding.
- Store in bags (ideal bags) or clear container with cover.
- Store in freezer up to 6 months.
- Refrigerate with 2 doors- freeze up to 3 months.
- Refrigerator with 1 door- freeze up to 1 month.
- Room temperature

Cool room- 1 hour

Air conditioner- 8 hours

Benefits of Breastfeeding



KMH

Providing equitable and quality health care.

Breastfeeding Facts

The colostrum coats the GI tract, preventing harmful bacteria from crossing into the baby's blood.

Antibodies response to vaccines are higher.

Nursing promotes facial structure development, speech enhancement, straighter teeth, enhanced vision and Increase bone density.

Babies enjoy a warm bonding and emotional relationship with their mothers.

Are hospitalized 10 times less than bottle fed babies and receives the most optimal mix of nutrients and antibodies.

Less risk of childhood obesity and reduced risk of heart disease later in life.

Breastfeeding babies have a higher IQ than bottle fed babies and have improved brain and nervous system development

Health benefits to mom who breast feeds



Reduce risk of breast, cervical, endometrial and ovarian cancer.

Protects against osteoporosis and hip fracture later in life.

Helps mothers return to pre pregnancy state faster and helps delay fertility and space to subsequent pregnancy.

Develop special emotional bonding with child.

Helps uterus to contract after birth to prevent postpartum hemorrhage.

Makes you feel good-produces hormones with endorphin effect that makes you relax.

Positions and tips for Making Breastfeeding Work

The cradle hold

If she's nursing on the right breast, rest her head in the crook of your right arm. Extend your forearm and hand down her back to support her neck, spine and bottom. Secure her knees against your body, across or just below your left breast.

The cross over hold

If you're nursing from your right breast, use your left hand and arm to hold your baby. Rotate her body so her chest and tummy are directly facing you. With your thumbs and fingers behind her head and below her ears, guide her mouth to your breast.

The clutch or football hold

Rest your arm on a pillow in your lap or beside you, and support your baby's shoulder, neck and head with your hand. Using a C hold (see below), guide her to your nipple, chin first.

How do I Hold Thee?

