

BREAST- FEEDING



In the arms



Football



Lying

DURING PREGNANCY...

Your body has been preparing to provide the baby, after birth, with all the necessary nutritional requirements through breast milk. Breast milk is a unique combination of fats, sugars, minerals, proteins and vitamins that will help your baby grow healthily. Breastfeeding has advantages for the baby and the mother.

BREASTFEEDING BENEFITS FOR THE MOTHER

- It fosters the bond between mother and baby.
- Faster weight loss.
- You save time, money and work, as milk is always ready.
- Reduces bleeding after delivery.
- Lower risk of breast and ovarian cancer, type 2 diabetes and postpartum depression.

BREASTFEEDING BENEFITS FOR THE BABY

- It is the ideal food for newborns, as it covers all the necessary nutrients.
- Prevents diarrhea, colic, respiratory diseases, infections, allergies, among others.
- Develops oral bones and muscles by sucking.
- Promotes the emotional development of the baby.
- Helps optimal brain growth and development.
- Prevents dental problems and obesity.

BREAST CARE

- It is important that you allow your breasts to stay without the brassiere for a while.
- Wash your breasts only with water.
- Use an appropriate brassiere (adapted for breastfeeding; not very tight).
- Talk to your doctor or breastfeeding educator about exercises or massages that stimulate the release of milk.

STEPS TO FEED THE BABY

- Sit in a place where you are comfortable
- Lie the baby in your arms at breast level
- Choose the breastfeeding posture:
 - Football
 - Between the arms
 - Lying
- Hold your breast with your hand in an L-shape, two fingers under it and your thumb over the areola.
- Rub your baby's cheek with your nipple to open her/his mouth.
- Put your breast in the baby's mouth when she or he opens it, as big as possible, and make sure she/he takes most of the areola.
- To separate the baby, insert the little finger between the breast and the baby's mouth.

MATERNAL MILK

Breast milk offers the child the ideal food during the first 6 months of life and is excellent for the first 2 years when combined with other foods. As the newborn grows, breast milk changes its composition:

- **Colostrum:** yellowish and thick liquid which is produced in the first 3 to 4 days postpartum. It contains antioxidants, antibodies, promotes intestinal flora, helps the elimination of meconium (viscous and thick substance that coats the newborn's intestine), among other benefits.
- **Transitional milk:** occurs between day 4 and 15 postpartum. Significantly increases milk production.
- **Breast milk:** has a wide variety of elements tailored to the child's needs for the rest of the months.



For more information, please contact the
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