



## Breastfeeding - My Baby and Me



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Both the American Academy of Pediatrics and the American College of Obstetricians and Gynecologists recommend exclusive breastfeeding until babies are 6 months of age.

## Why is breast milk best?

Breast milk provides baby with optimal nutrition, gives baby immune support to fight infections, and promotes healthy growth and development.

It is impossible to replicate breast milk. Knowing as much as possible about breastfeeding will help parents make informed choices about feeding baby.

The American Academy of Pediatrics (AAP) recommends exclusively breastfeeding baby for the first six months of a baby's life.

## What does exclusively breastfeeding mean?

To exclusively breastfeed baby means during the first 6 months of baby's life no other milk, formula or food is needed, just breast milk.

## Benefits of breastfeeding

### For Baby

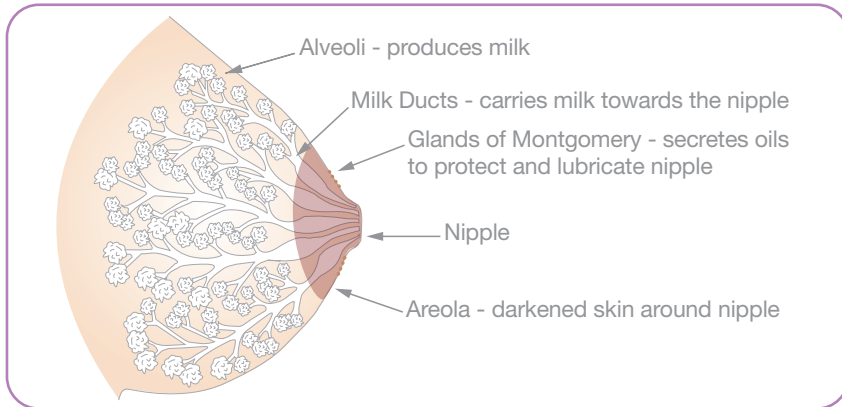
- Less infections and sickness
- Bonding time with mom
- Healthy start for digestive system and organs
- Decreased risk of obesity
- Decreased risk of diabetes
- Decreased risk of sudden infant death syndrome (SIDS)
- Promotes brain and nervous system development
- Decreased risk of childhood cancer
- Decreased risk for allergies

### For Mom

- Decreased risk of breast and ovarian cancers
- Bonding time with baby
- Saves money
- Breast milk does not have to be prepared and is ready when needed
- Decreased blood loss after birth and return of uterus to normal size
- Decreased risk of heart disease
- Decreased risk of rheumatoid arthritis
- Decreased risk of diabetes

## Pregnancy and breast changes

Early in pregnancy, mom's breasts begin making preparations for breastfeeding. Breasts become tender and veins become more visible as blood flow increases. The nipples and area around the nipples, areolae, darken in color. In addition, glands around the nipples enlarge and look like little pimples. The glands help lubricate and protect the nipples from infection. Breasts become larger and heavier as they prepare to produce, store, and deliver milk to baby.



## The hour after birth – a special time

Baby should be placed on mom, skin to skin, immediately following a healthy birth. Skin to skin contact during the first hour of life helps reduce the stresses caused by the birthing process in both mom and baby and encourages bonding. The first feeding should occur during this time together. Health care professionals can help give assistance and support to get breastfeeding initiated. Even if mom does not intend to breastfeed her baby, skin to skin contact should continue for at least the first hour and until feeding cues are observed.

The AAP advises that healthy babies should be placed and remain in direct skin to skin contact with their mother, immediately after delivery and until the first feeding is accomplished.



# Establishing breastfeeding

In the beginning, aim to breastfeed baby 8-12 times in a 24 hour period. This is especially important to stimulate milk supply. Breastfeeding works similar to supply and demand, the more milk baby consumes, the more milk will be produced. Every baby has his own feeding patterns, some babies cluster feed - several feedings in a short period, and others have slow or more evenly spaced feedings. Indicators to help determine if baby is getting enough milk through breastfeeding include: baby has an average of six wet diapers a day and is gaining weight.

## Signs Baby is Hungry

- Brings hands to mouth
- Turns head side to side, searching motion
- Sucks on hands or fingers
- Bobs head and mouth against caregiver's shoulder or neck
- Crying is a late hunger sign and can make it harder to feed baby.

The AAP recommends mom and baby be seen by a health care professional at 3-5 days of age to assess and evaluate breastfeeding.

# Finding support and help



Lactation consultants are health care professionals who are educated and credentialed in breastfeeding. They are trained to help moms with breastfeeding needs.

Breastfeeding takes time and practice. Ask for help when experiencing discomfort or problems with breastfeeding. To find support contact the local hospital or birthing center, an obstetrician, or a pediatrician and ask for resources. Mom-to-mom support groups offer an opportunity to share breastfeeding experiences and provide encouragement. For additional resources and support visit: <http://www.womenshealth.gov/breastfeeding>.

## Pumping breast milk

A breast pump helps remove milk from the breast so the breast milk can be used at a later time to feed baby. Breast milk that is pumped from breasts is called expressed breast milk. Pumping milk provides a mom independence to go to work or other outings, gives other family members or caregivers the opportunity to feed the baby, and helps relieve full and uncomfortable breasts. This is important for mothers who want to exclusively provide breast milk for the first 6 months of baby's life, but are not always available to breastfeed.

## Storing breast milk

After pumping, put the amount of breast milk needed for a single feeding in a storage container. Be sure to write the date on the container. Breast milk can be stored in the refrigerator for up to 3-5 days, in a freezer compartment of a refrigerator for 3-6 months or in a chest freezer for up to 6-12 months. To use the frozen breast milk, thaw it out in the fridge or in a water bath. Once breast milk is thawed, use within 24 hours.

## Health tips for breastfeeding moms

- Drink lots of water. When breastfeeding be sure to replenish fluids frequently.
- Eat nutritional meals and snacks.
- Do not use illegal drugs while breastfeeding because they pass through breast milk to baby.
- Limit alcohol to minimal use, only one drink at least 2 hours before breastfeeding.
- Limit caffeine.
- Moms who smoke are encouraged to quit. However, breast milk remains the ideal food for a baby, even if the mom smokes.

## Dad's role in breastfeeding

Many studies have shown support from dad is one of the most important factors in initiating and continuing breastfeeding. Supporting your partner through encouraging words, comforting gestures, such as getting her a glass of water or a pillow while breastfeeding, caring for baby while mom takes a nap, and helping keep the household running smoothly is essential for a successful experience.



## Non-breastfeeding mom and baby

Breastfeeding may not be possible for all mothers. For mothers who are unable to breastfeed or who decide not to, infant formula is a nutritious alternative. However, formulas have yet to duplicate the health benefits and complexity of breastmilk. Parents must consider all factors when deciding which feeding method is best.

### Health Reasons for Not Breastfeeding

- HIV positive
- Infant galactosemia (a rare metabolic disorder in babies)
- Certain chemotherapy treatments
- Breast surgeries or injuries with damage to both breasts

# Selecting bottles and nipples

## Bottles

When choosing a bottle for either breast milk or formula, look for helpful features such as, vented to reduce air swallowing, easy assembly, simple to clean, and BPA Free. The best bottle is one that baby accepts and feeds well with. Breastfeeding moms should wait until breastfeeding is established, around 3-4 weeks, before introducing a bottle.



## Nipples

Bottle nipples have different flow rates and different nipple sizes. When choosing a nipple size and flow, select a size that matches baby's feeding behavior, slow for a younger baby and medium to fast for a baby who has a stronger suck and swallow. Evaluate how baby is responding to a nipple and adjust accordingly.

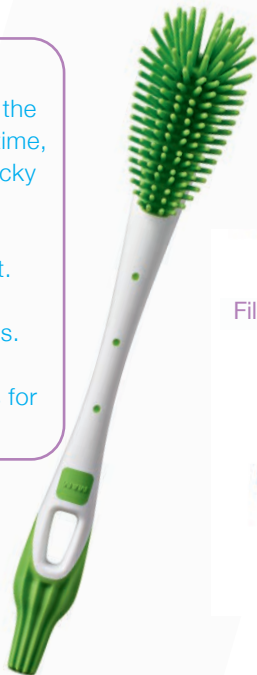


The MAM nipple is shaped and textured to make switching from breastfeeding to bottle feeding smooth and easy.

# Cleaning bottles and nipples

## Tips for Cleaning

- Use a clean bottle brush to remove any remaining milk in the bottle. If left-over milk remains in a bottle for a period of time, a biofilm begins to form on the surfaces. A biofilm is a sticky layer of germs.
- Wash with hot, soapy water to clean bottle inside and out.
- The top rack of a dishwasher can be used to clean bottles.
- Some experts recommend boiling the bottles and nipples for 5 minutes.



The MAM anti-colic bottle has a unique cleaning feature. The bottle can be disinfected in the microwave – quick and easy without a separate sterilizer.

Fill with water



Heat in the microwave for 3 min.



## Preparing bottles for feeding

1. Always wash hands for at least 15 seconds or apply alcohol based hand sanitizer before preparing bottles.
2. Warm breast milk by placing the container in warm water. Do not use a microwave to heat milk; it destroys the breast milk's protective immune components and can cause hot spots in the milk.
3. Water for mixing infant formula must be from a safe water source. If unsure about the safety of water, boil the water for 1 minute and allow water to cool before mixing.
4. Before feeding baby, drip a little milk on your wrist. It should be warm and not hot.
5. If traveling with a prepared bottle, keep milk on an ice pack until ready for use.

## Introducing pacifiers

Babies are born with an urge to suck. Not only is it necessary for feeding; sucking provides comfort and security. Once breastfeeding is established, around 3-4 weeks, pacifiers can be introduced. A pacifier at sleep time has been shown to decrease the incidence of Sudden Infant Death Syndrome, SIDS

The American Academy of Pediatrics recommends parents offer baby a pacifier for all naps and bedtime.



MAM Perfect pacifier is designed to be tooth friendly with an extra thin neck and soft, flexible nipple

# Oral care

Breast milk alone has not been associated with tooth decay. However studies show once baby's teeth erupt; frequent and long-lasting feedings with milk, formula, juice and other sugary foods, along with poor oral care increase baby's risk for tooth decay. The germs in plaque, a sticky layer that forms on teeth, use the sugars to produce acids. The acids attack the teeth causing tooth decay.

## Oral Health Tips

- Right from the start, before the first teeth erupt, establish an oral care routine.
- After feeding, wipe the inside of baby's mouth, including gums, with a clean, soft cloth or gauze to remove germs and any leftover breast milk or formula.
- Begin brushing when baby's first tooth erupts.
- Baby should never be put to bed with a bottle.
- After six months of age, only offer juice in a cup not in a bottle at mealtime, limit juice to 4-6 ozs. a day.
- By one year of age, a child should drink from a cup instead of a bottle.



The American Academy of Pediatric Dentistry recommends a child's first dental visit should occur shortly after the first tooth erupts and no later than 12 months of age.

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