



Breastfeeding gives a baby all the things he needs:

Good food, warm cuddles with mother and protection against colds and illnesses. Breast milk helps a baby grow healthy.

Breastfeeding is good for you and your baby – and it's something that mothers have been doing for a very long time.



Breastfeeding

It's best for babies - naturally!



Taking Care of Mom

- ❖ Rest or sleep when baby sleeps
- ❖ To produce plenty of good milk, the mother needs to eat healthy foods and drink plenty of fluids
- ❖ Have something to eat or drink when baby is breastfeeding
- ❖ Do not use soap to clean your breasts – use warm water only

Avoid

- ❖ Smoking, and drinking alcohol
- ❖ Taking drugs or medications (unless from a doctor)



SIoux LOOKOUT
Meno Ya Win
HEALTH CENTRE



NISHNAWBE ASKI NATION

P.O. Box 909, Sioux Lookout, ON P8T 1B4
Tel: (807) 737-3030 • Fax: (807) 737-5127

Visit us at www.slmhc.on.ca

Created by Korkola Design, 2009



Healthy Choices  for Healthy Babies

How to Breastfeed

1. Make sure baby is tummy to tummy with you and his bum is tucked under your arm.
2. Hold your breast with your thumb and pointing finger behind the areola (the darker part of the breast around the nipple). Your baby should open his mouth.
3. Make sure your baby's mouth is wide open and then quickly bring him to your breast.
4. Your nipple should be as far back into his mouth as possible. He needs a good mouthful of your nipple and breast to be able to latch on properly.
5. Latching is correct when:
 - It doesn't hurt. If it does hurt, break the suction by putting a finger into the side of baby's mouth, and then try again.
 - Baby's mouth is wide and his nose and chin are nearly touching your breast on either side.
 - Baby is taking long, deep sucks and you can hear him swallowing.
6. Let him nurse until he is done. If your baby is still hungry, offer him your other breast.

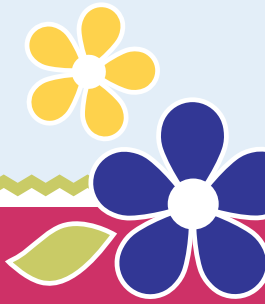


Baby is Hungry when...

- ✦ Baby nuzzles against your breasts
- ✦ Baby sucks on his hands
- ✦ Baby makes smacking sounds

Baby is Full when...

- ✦ Baby relaxes
- ✦ Baby's fists open up
- ✦ Baby lets go of your breast



Breastfeeding *It's best for babies - naturally!*

At the Hospital

- ✦ Ask a nurse to help you breastfeed if needed
- ✦ Breastfeed your baby right away (*within an hour after baby is born*)
- ✦ Keep baby in the room with you
- ✦ Put baby to your breast every 2-3 hours
- ✦ Keep a record of baby's wet diapers and stools (*poo*)

At Home

- ✦ Breastfeed your baby whenever he is hungry
- ✦ Do not feed your baby water or formula
- ✦ Do not use bottles or pacifiers (soothers)
- ✦ Keep a record of baby's wet diapers and stools (*poo*) for the first few weeks
- ✦ Baby will eat more and have more dirty diapers each day for his first week
- ✦ Baby's stools will change in colour from black to yellow
- ✦ After a few weeks, baby will have less stools

If Breasts are Too Full

- ✦ Put ice packs on breasts if they are sore
- ✦ Use a breast pump or hand to express (see instructions below) the milk
- ✦ To hand express:
 - Put your thumb an inch above the nipple and your fingers an inch below the nipple
 - Press your thumb and fingers into your breast
 - Roll your fingers and thumb forward to squeeze out the breast milk
- ✦ Wrap the breasts in warm wet towels or have a warm shower and hand express

If Your Nipples are Sore

- ✦ Make sure your baby is latching (feeding) properly
- ✦ Apply a warm wet cloth after nursing
- ✦ Apply lanolin or breast milk to nipples, you don't need to wash it off
- ✦ If your nipples are very sore, call your healthcare provider



**Gookoom
Tells**

"We have to remember that breast feeding is a part of our culture and a part of us. Let's support the moms of today to breastfeed."