

Breastfeeding is Best

Breastfeeding is best for mom and baby.

Why?

Breastfeeding...

- *is the natural and traditional way to feed babies,*
- *provides the best nutrition for babies,*
- *helps protect your baby from sickness,*
- *is always ready, safe, clean and at the right temperature,*
- *saves money,*
- *helps mother and baby form a special bond,*
- *helps baby's mouth develop properly,*
- *may help prevent the baby from becoming overweight later in life,*
- *may help protect mom against breast cancer, ovarian cancer and osteoporosis.*

How to succeed

- *Relax, you are both learning!*
- *The keys to success are to start early, feed often and position baby well at the breast.*
- *Your baby is doing well if he or she:*
 - *has at least 2 soft yellow stools every day,*
 - *has urine with almost no colour or smell,*
 - *in the first 3 days: has 1 to 2 wet diapers per day,*
 - *after the first 3 days: has 6 or more wet diapers per day,*
 - *feeds well 8 to 12 times in 24 hours.*

Get help if this is not happening with your baby.

You also need help if:

- *your baby is sleepy and hard to wake.*
- *you have sore nipples or a red, painful area on your breast.*
- *you have fever, chills, or other flu symptoms.*

Did you know?

... You should keep on eating healthy foods just as you did during pregnancy. And avoid the same harmful things too!

... You will produce enough milk to meet your baby's demands, no matter what the size or shape of your breasts.

... The make-up of your breast milk changes to meet baby's needs: during a feeding, and as baby grows older.