Your breast milk is always changing to meet the needs of your baby

COLOSTRUM

Late pregnancy till 3-4

- Appears thick, thin, creamy, yellowish or
- clear in appearance. Designed to boost baby's immune system & line baby's

UPPLY & DEMAND

USE IT OR LOSE IT

milk vou will make.

• The more baby drinks from your breast, the more

FULL BREAST=SLOWER MILK PRODUCTION

DRAINED BREAST=FASTER MILK PRODUCTION

Ensure baby has a deep latch, is swallowing lots, &

TRANSITIONAL MILE 3-4 days till 11-12 days.

Milk comes in.

- A mixture of colostrum & mature

MATURE MILK

11-12 days

onwards.

usually in the first 2–5 days after birth. Thinner, white

- Has a perfect blend of nutrients & protective antibodies that are needed for optimal brain development.

PROBLEMS

- · MOVE THE MILK! Feed baby frequently. • Express before feeding to soften nipple for a deeper latch.

WHAT TO DO

- Massage before & during feeds.
 Put cold packs on after feeds (e.g. chilled cabbage leaves)
- Take pain relief if severe.

· Consider yogurt or supplements, cut down sugar.

Treatment: Contact midwife or doctor.

- cracked, pinched, ridaed. discoloured.
 - · There should be no more than mild discomfort at beginning of feeds that should not cause nipple damage. If pain persists during or between feeds SEEK HELP & SUPPORT EARLY.

· Hygiene: Vigilant hand washing, keep nipples dry, dispose of breast pads

after use. Wash/sterilize everything - clothes, towels, toys, etc.

• Breastfeeding can & should continue, treat both mum & baby.

- Most babies feed 6–18 times in 24 hrs. Often they will cluster serveral feeds close
- · Your breasts may feel soft/empty during this time but baby is stocking up on fat rich milk.



FREQUENT FEEDING (CLUSTER FEEDING

- · Remember, cluster feeding is normal.
- Watch your baby's cues not the clock.

White spots in baby's

• DO NOT STOP FEEDING BABY! Breastfeed baby frequently from the milk becomes blocked, a tender, affected side first. painful, hard lump may · Check the latch is correct & try different positions

Express afterwards if necessary to drain breast well.

Get plenty of rest, eat well and drink lots of fluids. 'hot' area & you may feel flu like symptoms

have growth spurts around 3wks, 6 wks • If topping up, use expressed milk before formula. Always start & finish at 3 mths. 6 mths so they may feed more

• Massage lump in the shower & during feeds (e.g warm face cloth).

- · If not feeling better within 12 hrs. Contact midwife or doctor.

 - Check for good positioning & latching.
 - · Listen for swallowing, if this slows try breast compressions. · Once breast is drained, switch to the other side.
 - Consult a health professional for supplement options.
 - Express: 1 hr after feeding or immediately if not drained.
- · Get lots of rest & don't forget to eat some healthy food.

HOW DOES SMOKING CIGARETTES AFFECT BABY?



Babies & children have a much higher

Croup

 Ear infections Lung cancer

CAN DO IS STOR SMOKING FOR YOU & FOR BABY'S HEALTH

HOW DOES SMOKING AFFECT BREASTFEEDING?

SMOKEFREE Earlier weaning

Lower milk production (less milk making hormones) Inhibited let downs (slow milk flow)

IMPORTANT THAT YOU CONTINUE TO BREASTFEED WHILE YOU WORK

TOWARDS BEING

SMOKEFREE.

HOW TO MINIMISE THE RISK TO BABY

- Ideally STOP smoking. BE SMOKEFREE. Ask your LMC & local services, or go to Ouitline (www.guit.org.nz) or phone 0800 778 778.
- Don't smoke immediately before or during breastfeeding, wait till after you have breastfed to minimise the amount of nicotine in your milk.
- Smoke outside, away from baby. Wash hands after smoking & prior to breastfeeding.
- If you smoked during pregnancy & you or your partner smoke it is not safe to sleep with your baby.

OW TO MINIMISE RISK TO BABY IF YOU'RE PLANNING TO DRINK

- Arrange for a sober babysitter.
- Breastfeed BEFORE vou drink. Eat before & while drinking.
- Alternate alcoholic with non-alcoholic drinks.
- Choose low alcoholic drinks.
- · If your breasts get full & uncomfortable while intoxicated, express & discard it.



there is no need to use formula.

blood-this will return to normal.

TO CALCULATE WHEN YOUR MILK IS ALCOHOL

tfeeding & alcohol









BREASTFEEDING

SMOKEFREE

SAFE SLEEP

Chest, ear & urinary infections

Some Childhood Cancers

Allergies

Diabetes obesity Meningifis

Chronic tummy problems

Eczema

SUDI

Good mental,

emotional &

physical health

Sense of trust f security

Strong bond

system

ptimal brain

Asthma

BREASTFEEDING CAN ALSO IMPROVE MUM'S HEALTH. The longer you breastfeed the better.

EARLY

CRADLE

SIDE LAYING

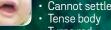
Angle of baby to angle of breast lines up

- to mouth, licking. poking tongue out, any mouth movement, sucking sounds soft cooing or nuzzling towards

- - Crying now & then









 More difficult to get crying baby to latch. Energy has gone into crying instead of feeding, they
may be too tired to feed





















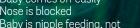




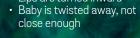
Room Temperature (< 26°C) 4 hrs

2. PUSH back towards chest.





- Lips are turned inward











- Repeat rhythmically, rotate fingers around the 4. Switch breasts when milk flow slows down.

Compartment Freezer 3–6 months











WHERE CAN I GET HELP

Help with housework

& awl

Prepare the kai

IF YOU ARE HAVING ANY DIFFICULTIES BREASTFEEDING, SEEK KELP & SUPPORT EARLY A FEW SIMPLE CHANGES ARE USUALLY ALL IT TAKES TO GET BACK ON TRACK.

Now you can have energy to focus on breastfeeding & enjoy your new baby.

YOUR WHANAU & FRIENDS CAN

Play, sing, rock, carry, bath & change baby

Look after the

other children

Show lots

of aroha

SIGNS OF A GOOD LATCH



sides of breast









TRANSITIONAL











You know baby is getting enough when there is lots of swallowing heard, baby is satisfied after feeds & there are good outputs with appropriate weight gains.





