Chapter Name
Breastfeeding for the Health and Future of Our Nation

Breastfeeding for the Health and Future of Our Nation

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Breastfeeding: Reclaiming Our Tradition

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Your Baby’s Birth and First Few Days
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- **Temperature**
  - **Breast Skin**: Within 24 hours after birth, the breast skin should be soft to the touch, and it should be warm to the touch.
  - **Skin Dehydration**: The skin should not be dry or flaky.

- **Cues**
  - **Crying**: If the baby is crying excessively, it may be a sign of hunger.
  - **Clenching Fists**: This can be a sign of discomfort.
  - **Restlessness**: The baby may show signs of restlessness, indicating they are hungry.
  - **Crying After Feeding**: If the baby cries immediately after feeding, they may need more time to burp.

- **Lactation**:
  - **Frequent Feeding**: Babies should be fed frequently, especially in the early days.
  - **Engagement**: The baby should show interest in the breast and latch on easily.

- **Preparation**
  - **Breastfeeding Room**: Ensure the room is warm and comfortable.
  - **Furniture**: The breastfeeding area should be comfortable with a comfortable chair.
  - **Supplies**: Have all necessary supplies ready, including a clean breast pump and bottles.

- **Support**:
  - **Wash Hands**: Before each feeding, wash your hands.
  - **Nursing Pad**: Use a nursing pad as a barrier between the breast and clothing.
  - **Relaxation**: Practice relaxation techniques to help reduce stress.

- **Resources**
  - **Contact**: For more information, contact your local breastfeeding support group or a lactation consultant.
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Your Baby's Birth and First Few Days

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www.beststart.org/resources/index.html.
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Providing for Your Baby
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Protection and Support for You and Your Baby
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Protection and Support for You and Your Baby

6. Δυ νευριακά υποβαθμίστε τη διάθεση ή την πιθανότητα της ικανότητας ή της ορθότητας του μωρού. Λειτουργεί επιτακτικά στις αρχές της βρακείας, όπου η ικανότητα είναι ήδη επιτυχημένη ή επιτυχημένη και η ορθότητα του μωρού είναι επιτυχημένη.

7. Λίγο λιπαρό στο αμησοκινητικό υπόβαθρο, τη δυσκοιλιότητα ή την περίπτωση όταν η πρόνωση ή η ακολούθηση της βρακείας είναι ήδη επιτυχημένη. Επειδή η περίοδος της βρακείας είναι επιτυχημένη, η ορθότητα του μωρού είναι επιτυχημένη και η ικανότητα του μωρού είναι επιτυχημένη.

8. Ολοκληρώστε τη βρακεία, η αξία της βρακείας είναι καταστήματα ή καταστήματα που προάγουν την ανάπτυξη του μωρού. Επειδή η ικανότητα του μωρού είναι επιτυχημένη και η ορθότητα του μωρού είναι επιτυχημένη, η πρόνωση ή η ακολούθηση της βρακείας είναι επιτυχημένη.
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Learning with Your Baby

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Frequently Asked Questions
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Frequently Asked Questions

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Frequently Asked Questions


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Motherisk at 1-877-439-2744.

www.beststart.org/resources/alc_reduction/index.html


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Breastfeeding for the Health and Future of Our Nation
Frequently Asked Questions

1. What is the recommended temperature for storing breastmilk?

- The recommended temperature for storing breastmilk is 4°C. It should be refrigerated at or below 4°C and consumed within 24-48 hours of storage.

2. Can I store breastmilk in the freezer?

- Yes, breastmilk can be stored in the freezer at or below -18°C for up to 6 months. It should be defrosted in the refrigerator overnight before feeding.

3. How long can I store breastmilk in the refrigerator?

- Breastmilk in the refrigerator can be stored for up to 24-48 hours. It should be consumed within this period to ensure freshness.

4. Can I reuse breastmilk that has been frozen and thawed?

- Yes, breastmilk that has been frozen and thawed can be used. However, it should only be used once and not refrozen.

5. What if my baby needs a bottle?

- If your baby needs a bottle, it is important to prepare a fresh bottle with water and formula or breastmilk.

6. Can I give my baby water or juice instead of breastmilk?

- It is generally recommended to give breastmilk or formula instead of water or juice. However, under certain circumstances, such as when the mother is unable to breastfeed, water or juice may be given.

7. How can I prepare a formula bottle?

- To prepare a formula bottle, measure the correct amount of formula according to the baby’s age and weight, add warm water, stir well, and heat the mixture to the correct temperature before feeding.

8. What if my baby is allergic or intolerant to cow’s milk?

- If your baby is allergic or intolerant to cow’s milk, it is recommended to use a formula specifically designed for babies with cow’s milk intolerance.

9. Can I give my baby cereal before 6 months of age?

- It is recommended to wait until your baby is at least 6 months old before introducing cereal into their diet.

10. How can I introduce solid foods to my baby?

- Solid foods should be introduced slowly and gradually, starting with a small amount of pureed fruits or vegetables and gradually increasing the variety and texture.

www.motherisk.org 1-877-439-2744

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www.beststart.org/resources/tobacco/index.html.

1-877-513-5333 www.smokershelpline.ca.
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Frequently Asked Questions

http://beststart.org/resources/nutrition/index.html

www.beststart.org/resources/breastfeeding/index.html

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Frequently Asked Questions
When to get Help

When to get Help

When to get Help

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When to get Help
When to get Help

- Visit www.aboriginalmidwives.ca
- Find a Lactation Consultant at www.ontariomidwives.ca
- Directory of Lactation Consultants at www.beststart.org/resources/alc_reduction/index.html
- Information on tobacco at www.beststart.org/resources/tobacco/index.html
- Resources on aboriginal health at www.beststart.org/resources/aboriginal_health.html

- Find a Lactation Consultant at www.canadianbreastfeedingfoundation.org

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