

Best Start Resource Centre –
Prenatal Education Program

Breastfeeding Basics



best start
meilleur départ

Resource Centre/Centre de ressources

by/par health **nexus** santé

Sonya and Kevin



best start
meilleur départ
Resource Centre/Centre de ressources

by/pax health **nexus** santé

True or False

TRUE



FALSE



Breastmilk is Amazing



The Importance of Breastfeeding

For Babies	For Mothers
<ul style="list-style-type: none">• Meets the nutritional requirement for every stage of development.	<ul style="list-style-type: none">• Helps uterus return to normal size and controls bleeding after birth.
<ul style="list-style-type: none">• Promotes brain development.	<ul style="list-style-type: none">• Helps her body return to normal.
<ul style="list-style-type: none">• Decreases the risk for Sudden Infant Death Syndrome (SIDS).	<ul style="list-style-type: none">• Protects her from breast cancer, ovarian cancer and diabetes.
<ul style="list-style-type: none">• Increases protection against childhood diabetes & certain childhood cancers.	<ul style="list-style-type: none">• Decreases risk for osteoporosis.
<ul style="list-style-type: none">• Protects against ear, stomach, and respiratory infections.	<ul style="list-style-type: none">• Easy on the budget and the environment.
<ul style="list-style-type: none">• Promotes healthy tooth and jaw development.	<ul style="list-style-type: none">• Less likely to miss work for a sick baby.
<ul style="list-style-type: none">• Decreases risk of childhood obesity.	<ul style="list-style-type: none">• Is convenient and portable.

Current Recommendations

- ✓ Exclusive breastfeeding for the first six months of life.
- ✓ Introduction of solids at six months of age.
- ✓ Continued breastfeeding to two years and beyond.

Risks of Formula Feeding

Formula* fed infants are more at risk for:

- Childhood illness and disease.
- Upsets of the stomach and gut, causing diarrhea or later bowel problems.
- Sudden Infant Death Syndrome (SIDS).
- Obesity and chronic diseases later in life.
- Some childhood cancers.
- Cavities.

*These risks are for all types of formulas, including organic.

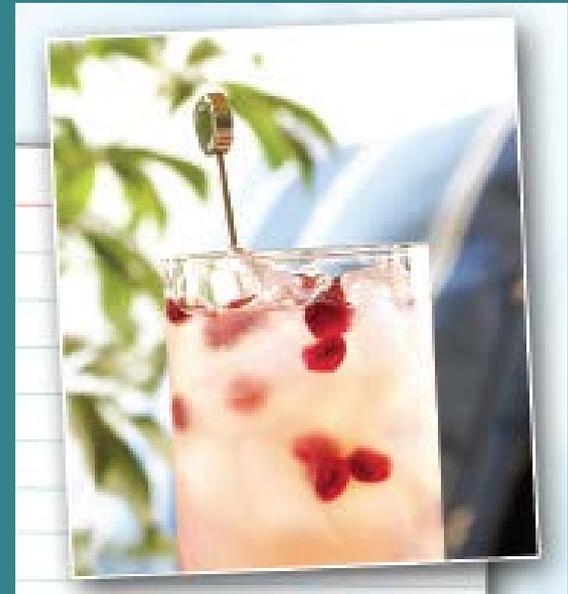
Making an Informed Decision

- Know the importance of breastfeeding.
- Know the risks of formula feeding.
- Discuss your options with your health care provider.
- Learn about resources in your community to support you.

Substances and Mother's Milk

Substances to consider:

- Alcohol
- Caffeine
- Medications/Drugs
- Tobacco



Substances and Mother's Milk

Substances to consider:

- Alcohol
- Caffeine
- Medications/Drugs
- Tobacco



Supporting Breastfeeding

Who can support a breastfeeding mother?

- Partner
- Extended family members
- Friends
- Peer support
- Health care providers



How Can the Partner Help?



First Hour After Birth

Skin-to-skin right after birth will help baby:

- Latch on and latch on well.
- Maintain body temperature.
- Maintain heart rate, respiratory rate, and blood pressure.
- Have a normal blood sugar.
- Cry less.
- Breastfeed exclusively and breastfeed longer.



Colostrum-Liquid Gold

antibodies

protein

free

immunity

laxative

digestion



Starting Out Right: Keep Your Baby Close



Starting Out Right: Breastfeed Exclusively and Often

- Feed often (at least eight times in 24 hours).
- Avoid supplements.
- Avoid artificial nipples and pacifiers.
- Watch your baby, not the clock.



Position Basics

- Mother and baby are well supported.
- Tummy to tummy.
- Head, shoulder and hip in straight line.
- Baby is brought to the breast, not the breast to the baby.

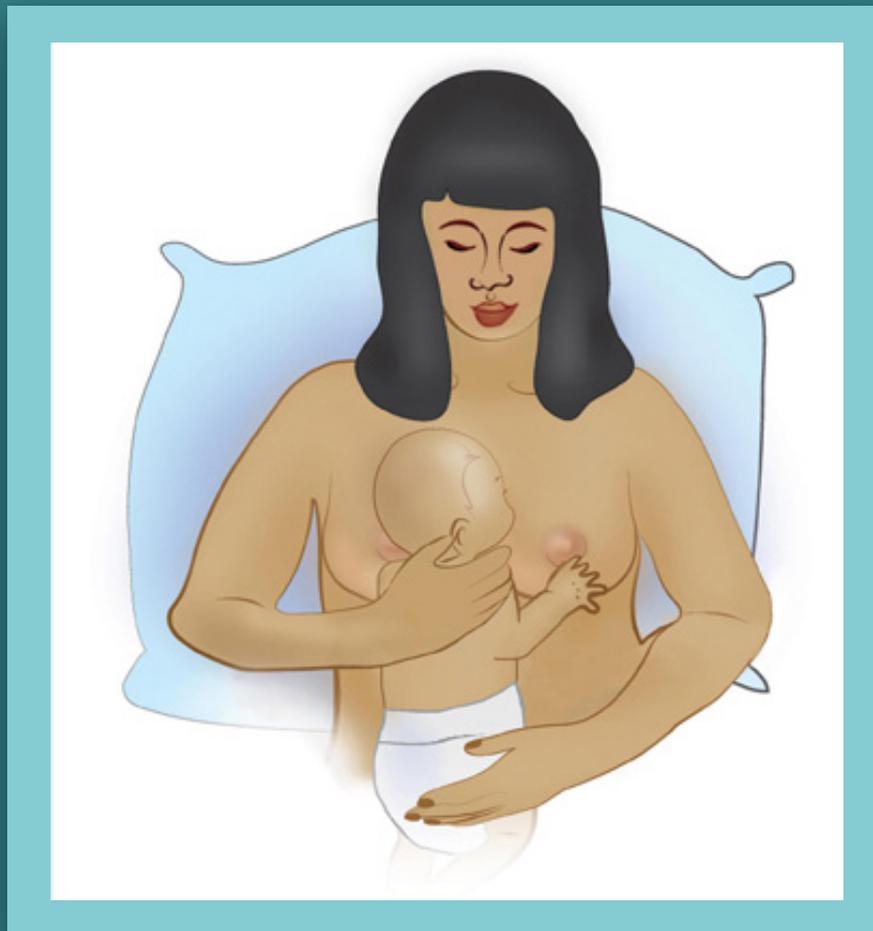


Latch Basics

- Mouth is open wide
- Lower lip covers more of the areola than the upper lip.
- Chin is pressed into the breast and the tip of baby's nose lightly touches the breast.
- Cheeks appear to be full and rounded (not dimpling in).
- Mouth does not slip off the breast.
- The ears or temple are moving while baby sucks.



Baby-led Latching



Cue-Based Feeding

- Early cues: “I’m hungry.”
- Mid cues: “I’m really hungry.”
- Late cues: “Calm me, then feed me.”



Video



Hand Expression



*Used with permission, Stanford School of Medicine,
newborns.stanford.edu/Breastfeeding*

Is Baby Getting Enough?

GUIDELINES FOR NURSING MOTHERS									
Your Baby's Age	1 WEEK							2 WEEKS	3 WEEKS
	1 DAY	2 DAYS	3 DAYS	4 DAYS	5 DAYS	6 DAYS	7 DAYS		
How Often Should You Breastfeed? Per day, on average over 24 hours	 <p>At least 8 feeds per day. Your baby is sucking strongly, slowly, steadily and swallowing often.</p>								
Your Baby's Tummy Size	 Size of a cherry		 Size of a walnut		 Size of an apricot		 Size of an egg		
Wet Diapers: How Many, How Wet Per day, on average over 24 hours	 At least 1 WET	 At least 2 WET	 At least 3 WET	 At least 4 WET	 At least 6 HEAVY WET WITH PALE YELLOW OR CLEAR URINE				
Soiled Diapers: Number and Colour of Stools Per day, on average over 24 hours	 At least 1 to 2 BLACK OR DARK GREEN		 At least 3 BROWN, GREEN, OR YELLOW		 At least 3 large, soft and seedy YELLOW				
Your Baby's Weight	Most babies lose a bit of weight in the first 3 days after birth.			From day 4 onward, most babies gain weight regularly.					
Other Signs	Your baby should have a strong cry, move actively and wake easily. Your breasts feel softer and less full after breastfeeding.								

**best start
meilleur départ**

by/par health **nexus** santé

Breast milk is all the food a baby needs for the first six months.

You can get advice, help and support from:

- Your health care provider.
- Telehealth Ontario's specialized breastfeeding services support line at 1-866-797-0000 or TTY at 1-866-797-0007.
- Bilingual Online Ontario Breastfeeding Services directory at www.ontariobreastfeeds.ca.

2016

Eating Patterns Game



For More Information

- Public Health Nurse
- Health Care Provider
- Breastfeeding Clinic
- Hospital/Birthing Centre
- Peer-to-peer Support Program
- Certified Lactation Consultant
- Breastfeeding/Lactation Educator
- La Leche League
- Motherisk
- Bilingual Online Ontario Breastfeeding Services (www.ontariobreastfeeds.ca)
- Breastfeeding Information (www.breastfeedinginfoforparents.ca)
- BreastFeeding Inc (www.breastfeedinginc.ca)

The information represents the best practice guidelines at the time of publication. The content is not officially endorsed by the Government of Ontario. Consult your health care provider for information specific to your pregnancy.



This document has been prepared with funds provided by the Government of Ontario

www.beststart.org

best start
meilleur départ
Resource Centre/Centre de ressources

by/par health **nexus** santé