

Preparing for Breastfeeding

Breastfeeding is the most basic and instinctive way to care for and connect to your baby. After birth, babies need most of all to get nutrition for their developing bodies.

Just as important, Breastfeeding is when babies get their emotional nutrition needs met through bonding with their moms.

It is one of the most powerful ways for women to share with their babies.

A breastfeeding mom receives:

- intimate time to share, learn with baby
- dedicated ritual of tuning in to babies needs
- prevention from postpartum depression
- reduced risk for breast and ovarian cancer
- milk can be used topically to help cure chapped nipples
- love

A breastfeeding baby receives:

- immune enhancement
- complete nutrition
- food allergy protection
- emotional connection and support
- first human imprinting and bonding
- love

What is needed to be prepared for Breastfeeding?

- Breastfeeding education and information.
- Patience and deep breaths. Breastfeeding can be challenging and support is available.
- La Leche League International is a great organization that hosts classes to prepare and support women through breastfeeding. visit www.llli.org to find a class near you!
- It can be helpful to have a lactation consultant for the first feeding if you have inverted or flat nipples, especially if having problems with latching.
- Even if you have breastfed before, each baby is different and approaching the experience as a unique one can help with successful breastfeeding.
- A well-balanced diet to support you and baby, while staying well hydrated by drinking to thirst

What are foods and herbs that can support lactation in breastfeeding moms?

Fennel seed and the vegetable can be eaten to increase milk supply. The dried or fresh seed can help with nausea, heartburn, and general indigestion to soothe the belly. Fresh Fennel adds a unique flavor to any vegetable soup.

Carrot, beet, and yam provide carotene which is needed by lactating moms. Yams are a great sweet treat and can be simply roasted with coconut oil and sprinkled with a touch of cinnamon, nutmeg, and sea salt. Bake a bunch and have some to snack on.

-carrot seed is a galactagogue (enhances milk production) and can be used as a seasoning on salads or in stir fries.

-raw beets are a good source of vitamins and minerals as well as iron which can help with iron deficiency. Try beets and carrots grated with a touch of honey or maple syrup, raisins, walnuts, lemon juice, and sea salt.

Oats, barley, millet, and rice support lactation and are a great side dish with any meats, poultry, fish, and vegetables. Also any of these hearty grains are great for breakfast porridge with dried fruits, nuts, milk, and butter or coconut oil.

Turmeric can help prevent inflammation and is a powerful antioxidant as well as a galactagogue. Use the dried root powder in stir fries, soup, or even on popcorn as a seasoning. For something sweet, try fresh turmeric root, grated into warmed milk or milk alternative with honey and a bit of cayenne or black pepper.

Nettle is a great herb packed with vitamins, minerals, iron, and is a great galactagogue. Make a tea or soup with the dried leaves or try a pesto with the fresh leaves by slightly steaming greens, add pine nuts or walnuts, olive oil, garlic, and sea salt and throw into the food processor. Nettle extract has been found to contain all the essential amino acids and is a wonderful green for enhanced nutrition.

Blessed Thistle has been used to increase blood flow to mammary glands thus increasing milk supply and has antidepressant and hemostatic(preventing post partum hemorrhage) qualities as well. Add dried herb to already boiled water, turn heat off and cover, let sit for at least 10 minutes, strain and drink with honey.

Fenugreek is a great herb for increasing mothers milk supply. It has a maple syrup flavor and can be added to any dish to zest it up. Try Indian Red Lentil Soup with fenugreek, turmeric, fennel seed, coriander, cumin, garlic, carrot, and onion.

The World Health Organization recommends breastfeeding babies for the first 6 months!

Breastfeeding Considerations: What is involved?

- Milk “let down” will occur in response to your bodies hormones and the arrival of your baby.
- getting a good position where you are comfortable and supported and ensuring the baby’s mouth has a good latch on to the nipple is key.
- to get your baby interested in feeding, rub your nipple gently over its mouth.
- when the baby’s mouth open, guide your nipple into its mouth and check to see that the baby is sucking effectively.
- feel free to experiment with different positions for the comfort of you and your baby.
- ENJOY and RELAX! humans were made to breastfeed.
- “Breastfeeding a baby is actually much less involved than any description of the process”-The Womanly Art of Breastfeeding, *La Leche League International*

Space Preparation for Breastfeeding

- setting up cozy area in your house where you will be comfortable to nurse your baby.
- have plenty of pillow to support weight of babies body at breast level with option to acquire breastfeeding pillow.
- privacy and quietude to ensure area is peaceful and free from disruption for breastfeeding ritual.

Tools to aid in Breastfeeding

-A breast pump can be helpful to:

- fully drain breasts of milk and avoid backup or clogging of milk ducts or mastitis.

-pump milk for baby if you will not be able to breastfeed for a meal, or if for longer period to keep supply of milk up while away from baby.

-to donate milk to other babies in need of breast milk.

-if baby is unable to breastfeed because of medical condition and need to be monitored and mom starts expressing milk, she can pump for baby.

However, it is important to breastfeed your baby as much as possible. Avoid the “pump trap” by waiting until latch and breastfeeding is firmly established before adding the pump into your breastfeeding regimen.

Nursing bras can be helpful for moms for ease of access and best purchased after your milk supply comes in for proper sizing.

Breast Pads are helpful to protect tender nipples and absorb leaks or “let down”.

Lanolin salve is helpful to keep nipples from cracking and can soothe sore nipples.

Reading Resources:

The Womanly Art Of Breastfeeding, *La Leche League International*. 1997

Successful Breastfeeding, Royal College of Midwives. 1991

The New Breastfeeding: Getting Breastfeeding Right For You, *Mary Renfrew, Chloe Fisher, and Suzanne Arms*. 2000

The Complete Book Of Breastfeeding, *Marvin s Eiger, M.D. & Sally Wendkos Olds*. 1987

Online Resources:

For latching,

<https://globalhealthmedia.org/videos/attaching-your-baby-at-the-breast/>

Expressing colostrum in the first days

<https://globalhealthmedia.org/videos/how-to-express-your-first-milk/>

General information/ resources

[Kellymom.com](http://kellymom.com)

BREASTFEEDING



Cradle Hold



Cross Cradle Hold

Breast Feeding Positions



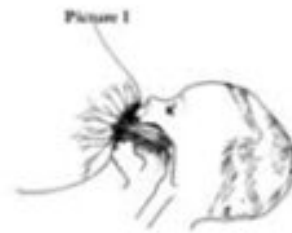
Laidback Hold



Football Hold



Side Lying



GOOD ATTACHMENT



POOR ATTACHMENT

Good Latch VS Poor Latch



- Baby's mouth is opened wide.
- Baby's tongue is over his lower gum.
- Baby's lips are curled out.
- Baby's chin firmly touches your breast.



- Baby's mouth is barely open.
- Baby's tongue is behind the lower gum.
- Baby's lips are curled in.
- Baby's chin barely touches your breast.

Burping Positions

