

Breastfeeding your baby



Breastfeeding is an ongoing **relationship** between **you** and your **baby**

- ■ breastfeeding starts soon after your baby is born
- ■ it can take time for you and your baby to learn how to breastfeed
- ■ with the right help almost all mothers can breastfeed







Breast milk is the perfect food for your baby

- it's all your baby needs to eat and drink for about the first six months
- it helps protect your baby against colds, tummy-bugs, infections and allergies
- it helps your baby feel safe and secure

Breastfeeding is best for you too

- it's free
- it saves you time
- it gives you a chance to rest while you are feeding your baby
- it helps you feel close to your baby
- it may reduce your risk of some cancers and bone disease



There are different ways you can **hold your baby** to breastfeed – find one that is **comfortable** for you

- lie your baby on its side with its body facing you
- support your baby's back with your arm
- hold your baby close to your body





Cross cradle hold



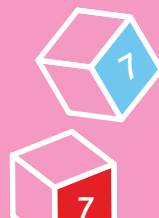
Lying down hold



Football hold



Cradle hold



Bring your **baby** to your breast – **not your breast** to your baby

- ■ Make sure that
 - baby's mouth is WIDE open
 - baby's tongue is forward and right down
 - baby's chin touches your breast
- ■ Bring your baby to your breast quickly







When **your baby** is on your breast the **right** way

- your baby has a big mouthful of breast
- your baby's chin is **CLOSE** in against your breast
- if you listen, you will hear your baby swallow
- it may feel a bit sore at the start of a feed but this should ease off



Breastfeeding should **feel good**

- if it doesn't – start again – slip your finger in the side of your baby's mouth to break the seal
- letting your baby suck the wrong way can cause problems
- if you feel pain in your nipples or breasts – get help quickly (see back page)

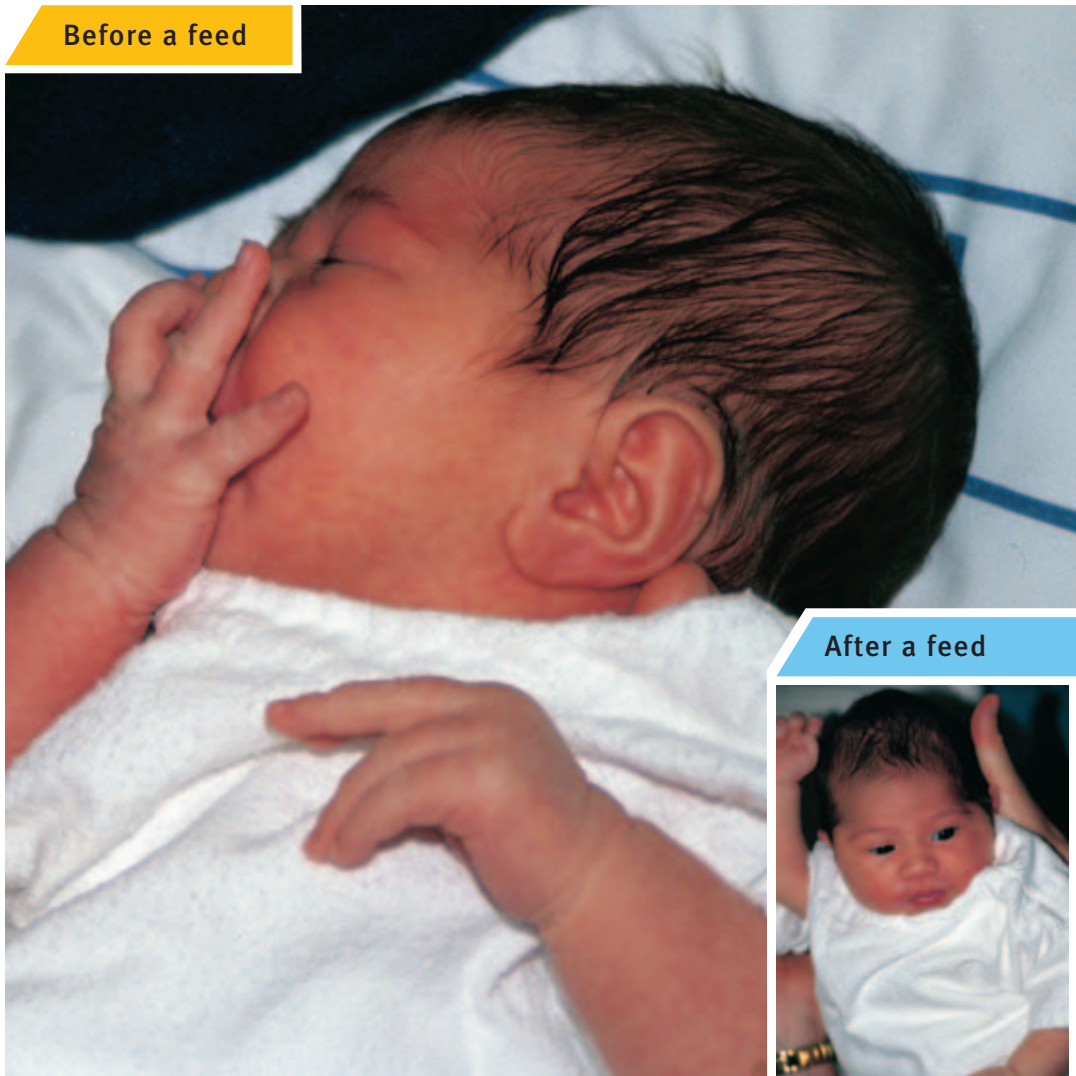


When does my **baby** need to feed?

- Your baby will show you signs early
 - starting to wake
 - moving head
 - opening and closing mouth, licking
 - putting thumb or fingers in mouth
 - crying is a late sign
- For new babies – 8 to 12 times every 24 hours
- New babies need feeding during the night
- Some days your baby will need more feeds
- You are not likely to run out of milk – if you feed your baby more, your breasts will make more milk



Before a feed



After a feed





You can still breastfeed . . .



- when you go out with your baby
- if you need to go out without your baby – talk to someone about how to express your breast milk (see back page)
- if you go back to work (read the pamphlet “Breastfeeding and Working”)
- as your baby gets older – breastfeeding is good for babies until they are at least two years of age or beyond



Getting support



Ask family and friends for help

- your partner and/or other family members can help with baby – cuddling, settling to sleep, changing nappies, giving baby a bath
- they can also help with washing, cooking, shopping and looking after older children

Thanks to the mothers, fathers and babies and to Waitemata Health. Adapted with permission from “You can breastfeed your baby” 1998: Commonwealth of Australia copyright.

Need help breastfeeding?

Get help
early



These places give help and information about breastfeeding. Most of the numbers are in the phone book.

- Your midwife or other lead maternity carer (LMC)
- Your local Well Child/Tamariki Ora nurse
- Plunket ■ Your local Plunket nurse
■ Family Centres
- La Leche League – give breastfeeding information and run breastfeeding support groups
- A lactation consultant – hospital-based or private. Phone your local maternity hospital or 0800 452 282 (during the day) to find the name of one
- A breastfeeding clinic near you
- Women's Health Action Trust – www.womens-health.org.nz
- Ministry of Health – www.health.govt.nz/your-health/healthy-living/babies-and-toddlers/breastfeeding
- Breastfeeding New Zealand – www.facebook.com/breastfeedingnz

For help and information call PlunketLine on 0800 933 922. If your baby is sick, call Healthline on 0800 611 116.

If the advice isn't working or you're not happy with it – get a second opinion

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This resource is available from www.health.govt.nz
or the Authorised Provider at your local DHB.

Contact



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