

# BREASTFEEDING

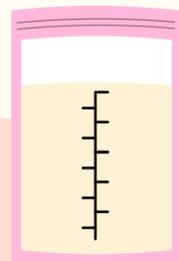
BEGINNERS QUICK TIPS - By Jaquaya

Bailey

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## BREASTFEEDING BENEFITS FOR MOM

- Promotes postpartum weight loss
- May reduce the risk of heart disease
- Decrease risk of postpartum bleeding
- Helps the uterus return to its normal size faster
- Convenient and cost effective
- Less chance to develop breast, uterine, endometrial and ovarian cancer



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## BREASTFEEDING BENEFITS FOR BABY

- Has all the nutrients needed
- Easily digested
- Protects against SIDS
- Protects gut against diseases against germs
- Protects against GI illness, ear and respiratory infections
- May reduce the risk of chronic diseases and infections like diabetes and hypertension
- Better bonding with mother

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## GETTING STARTED AFTER BIRTH

Skin to skin connection is very important after birth. The connection of your bare-skinned and your newborn laying directly on you after delivery is called skin to skin.



## BENEFITS OF SKIN TO SKIN

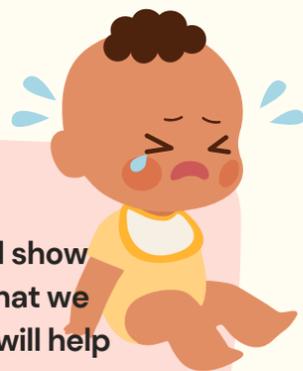
- Babies breastfeed better
- Cry less and are calmer
- Babies stay warmer
- Babies have more stable with normal heart rates and blood pressure along with better blood sugar level
- Are protected by some of your good bacteria
- Mothers learn feeding cues and bond more with their babies
- Mother gain confidence and contentment in caring for their baby

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## FEEDING CUES

When babies are ready to breastfeed they will show signs that they are ready to feed. These are what we call feeding cues. Learning these signs early on will help you respond to your baby quickly.



## MOST COMMON FEEDING CUES

- Rooting: Baby opens mouth searching side-to-side for the breast.
- Hands to mouth and stretching.
- Lip smacking
- Tongue thrusting and fidgeting
- Crying (late feeding cue)

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