

# Breastfeeding after birth



*Evidence Based Babies*  
Pregnancy, Birth, Breastfeeding and Parenting.

This pdf booklet contains all the information a breastfeeding parent and their healthcare providers should know to help support the breastfeeding parent.



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# Important notes for the healthcare professional



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Respect the parents autonomy. It's their choice how they want to feed their baby, not yours.

Provide the parent with all the evidence based information about the benefits of breastfeeding.

Support the parent in feeding their baby exactly how they choose to.

Refer the parent to an International Board Certified Lactation Consultant (IBCLC) for the best possible breastfeeding support.

Never give the baby formula supplementation without the parents consent or if it's not necessary.

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# Breastfeeding positions



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CRADLE  
POSITION



CROSS-CRADLE  
POSITIONS



FOOTBALL  
HOLD



LAIK BACK  
POSITIONS



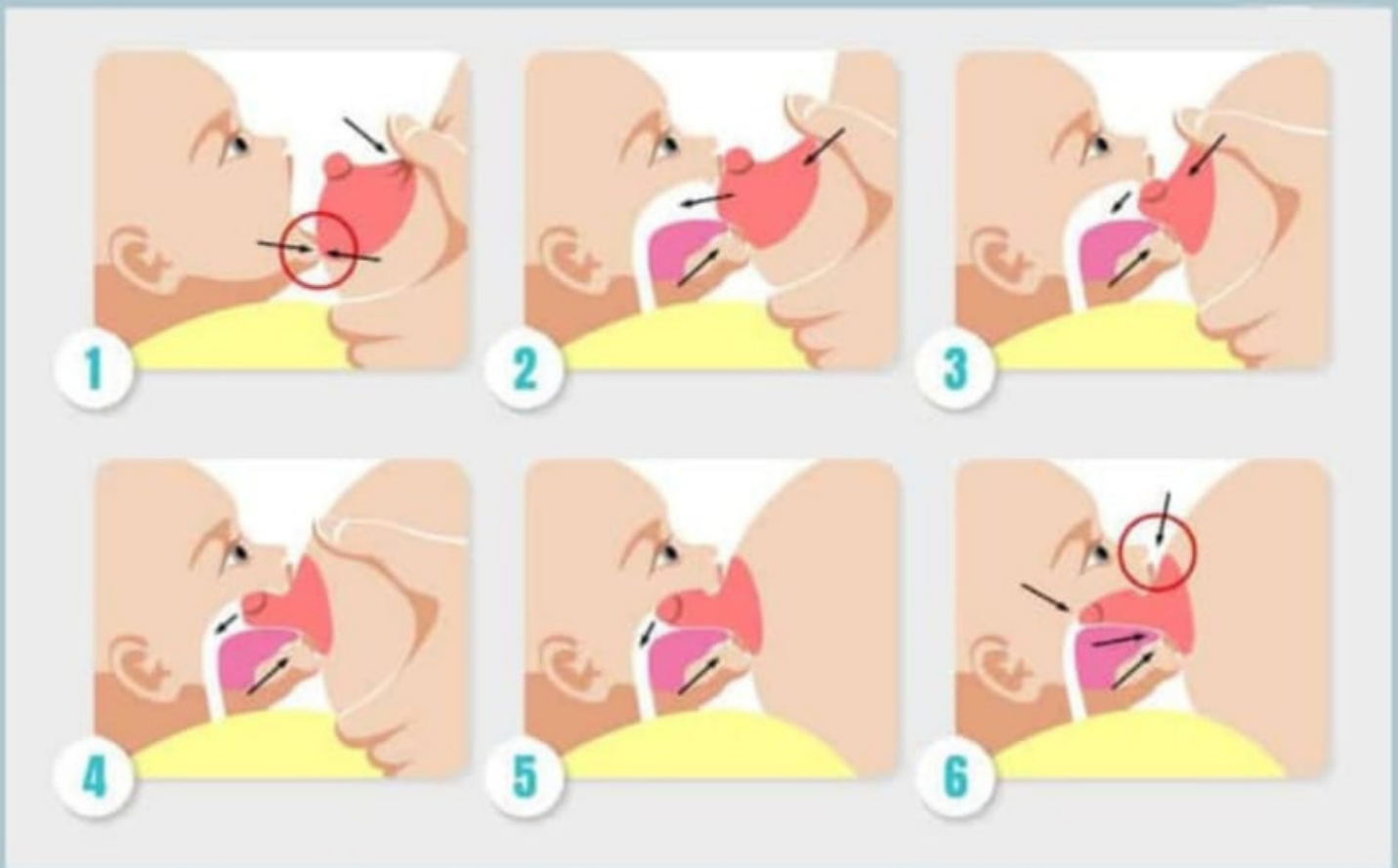
SIDE  
LYING

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# Deep latch



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# Colostrum



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Production starts  
around 16 weeks

Protects the gut

Full of vitamins,  
minerals, fats  
and protein



Contains antibodies

Laxative effect to  
help clear  
meconium and  
jaundice

Liquid gold

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# Breastmilk composition



Live cells

Water

Fats

Enzymes

Protein

Carbohydrates

Hormones

Vitamins and  
minerals

800 strains of  
good bacteria



Active and passive immunity

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# How to breastfeed



Put baby to the breast and let baby feed for as long as baby wants to. When baby let's go of the breast, offer them the other breast. Don't force, just offer.

Some babies will only take one breast, some will take both, and some will take both breasts more than once. All of this are normal variations.

Be sure to always start the next feed from the breast that you offered last at the previous feeding. This will ensure equal stimulation to both breasts.

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# Cluster feeding



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## What it is

Cluster feeding is when a baby wants to feed very frequently over a few hours at a time. It is most common during the early weeks and months, during growth spurts, mental development, sleep regressions, discomfort and for comfort. It is most common in the early morning or late afternoon, but it can happen at anytime of the day.



## Is it normal?

As long as the baby is having frequent wet and soiled diapers and is gaining weight adequately, this is normal infant behaviour. Do not restrict the baby from the breast.

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# Why babies breastfeed



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Hunger

Thirst

Tired

Comfort

Building  
supply

Building  
immunity

Growth  
spurt

Illness

Bonding

Eye  
contact



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If a baby needs supplementation for medical reasons, the first option should be the mother's own expressed breastmilk or human donor milk and if these aren't possible, formula can then be given to the baby.

The best way to feed a breastfed baby who needs to be supplemented is with a teaspoon, an open cup or a syringe. This will help prevent confusion between artificial teats and the mother's breast.

A good resource on breastfeeding medical protocols for healthcare professionals is the Academy Of Breastfeeding Medicine. This is protocols on breastfeeding written by healthcare professionals for healthcare professionals.

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