

» How to prevent and treat cracked nipples?

PREVENTION :

- Make sure that your baby is correctly positioned on your breast,
- Try to keep the nipple area dry in-between feeds,
- No particular nipple care is indicated (a daily shower is enough).

TREATMENT :

- Correctly position your baby on your breast and check your latch,
- To accelerate healing, massage a little breast milk on your nipples at the end of the feed,
- To relieve pain, start baby feeding on your second breast,
- To modify the way your baby takes the breast into his/her mouth, change his/her position (for example place your baby in the "football position").

» I resume work, how can I pursue breastfeeding?

According to the French Labour Code L224-1 and L224-2 articles, mothers are entitled to have a daily one-hour breastfeeding pause for the 1st year of the child's birth. When you are with your baby (morning, evening, night, week-end, holidays), you should breastfeed on demand. During separations, you may collect your breast milk so that your baby's caregiver may offer him/her your expressed breast milk in your absence (see Breastfeeding and resuming work, it's possible !).

» How can I collect my milk and have it given to my baby in my absence?

It is possible to express your breast milk manually or with breast pump.

Breast milk can be stored :

- At room temperature for up to 4 hours,
- In the refrigerator for up to 48 hours,
- In a freezer compartment for 4 months.

To unfreeze and warm up breast milk, place the container in warm tap water.

Your baby's caregiver can feed your baby with your milk (by a cup, spoon or eyedropper).

Trust yourself and enjoy the pleasant moments that you spend breastfeeding your baby.



All babies are different. Each family situation is unique. Therefore, the above information must be adapted to your particular case. If you are worried, contact a breastfeeding resource person.



Information
Pour
l'Allaitement

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Helpful hints for breastfeeding



Information Pour l'Allaitement - IPA



» Is breastfeeding better than bottle formula?

Yes, breastfeeding is still the best nutrition for infants. Your breast milk adapts its composition to suit the changing needs of your baby (over the course of a feed as well as over weeks). Breastfeeding lowers your baby's risk of some serious diseases such as diarrhea, otitis and bronchiolitis. It has beneficial effects on the intellectual and psychomotor development of your child. It protects your baby against allergies and obesity. Breastfeeding also gives your baby a sense of comfort and affective security.

The WHO and UNICEF recommend that babies breastfeed exclusively for the **first 6 months** (no formula, juice, or water), and continue to breastfeed for 2 years or more, with introduction of complementary foods.



Baby breastfed in «rugby ball» position

Before the birth, get information on breastfeeding, and during the breastfeeding period, seek support and advice to assert your choice of feeding.

All women can breastfeed, regardless of breast size or shape. During pregnancy, the body prepares the breasts for breastfeeding. All babies are born with a strong sucking reflex. By suckling at the breast, your baby activates milk-making. The more a baby sucks, the more milk the breasts produce.

» How to start breastfeeding?

- Your baby should be allowed to breastfeed as soon as possible after birth. Skin-to-skin contact helps the initiation of breastfeeding.
- Your baby should have a big mouthful of your breast, his/her body should be rolled in toward your body so you are belly-to-belly, and his/her nose and chin should be touching your breast.



» What are the rules that facilitate breastfeeding?

- Breastfeed your baby on demand (8 to 12 times per day, sometimes more), including at night. Frequent and effective suckling makes it possible to establish an abundant milk supply (see Breastfeeding in the first month). The duration of the nursing sessions should be decided by your baby.
- It is very important to keep your baby near you day and night in order to breastfeed him/her on demand.
- Give no supplements (formula, water or juice) as these may lower breast stimulation.
- Avoid using bottle-nipples and pacifiers because your baby may become confused about how to suck and suckling may be less efficient. In rare cases when supplements are medically indicated, offer breast milk by a cup, spoon or eyedropper.

Each breastfeeding experience is unique. There are large individual differences (nursing rhythms, sleep, weight gain...): mothers and their family should not worry about such differences.

In most particular situations (children's unexpected behavior, diseases that mothers and babies may have...) breastfeeding can and should be pursued. It is possible to find adapted solutions through specialized assistance. Supplementing with formula seldom solve breastfeeding problems.

» My baby breastfeeds every hour, is it normal?

Breastfed babies usually suckle frequently and irregularly, which is good for them.

Your baby is getting enough milk if he/she wets at least 5 nappies a day, if he/she has several stools per day in the first weeks and if he/she is gaining well.

Suckling makes it possible for babies to soothe themselves while providing close contact with their mother; it satisfies babies nutritional and affective needs such as their sucking need.

There are baby carrying and breastfeeding devices (baby sling carriers for instance) which facilitate daily life.

Supplements are not useful and they may contribute to a low milk supply as babies suckle less.

» Is breastfeeding tiring?

Caring for small children is tiring whatever their feeding pattern.

If you choose to breastfeed, it will allow you to lie down and rest, while feeding your baby. It will be easier for you to breastfeed at night if you sleep with your baby (see Breastfeeding at night too). Breastfeeding is gaining time : there are no bottles to wash, boil or prepare.

» How to relieve breast engorgement ?

Frequent nursing is the best prevention you can have. If your breasts become severely engorged (sore or painful breasts), soften your breasts by expressing milk (massage, warm shower), then nurse your baby.

Ensure that your breasts are not compressed (by your bra or baby carrier...). Apply a cold compress after breastfeeding (put ice wrapped in a flannel).