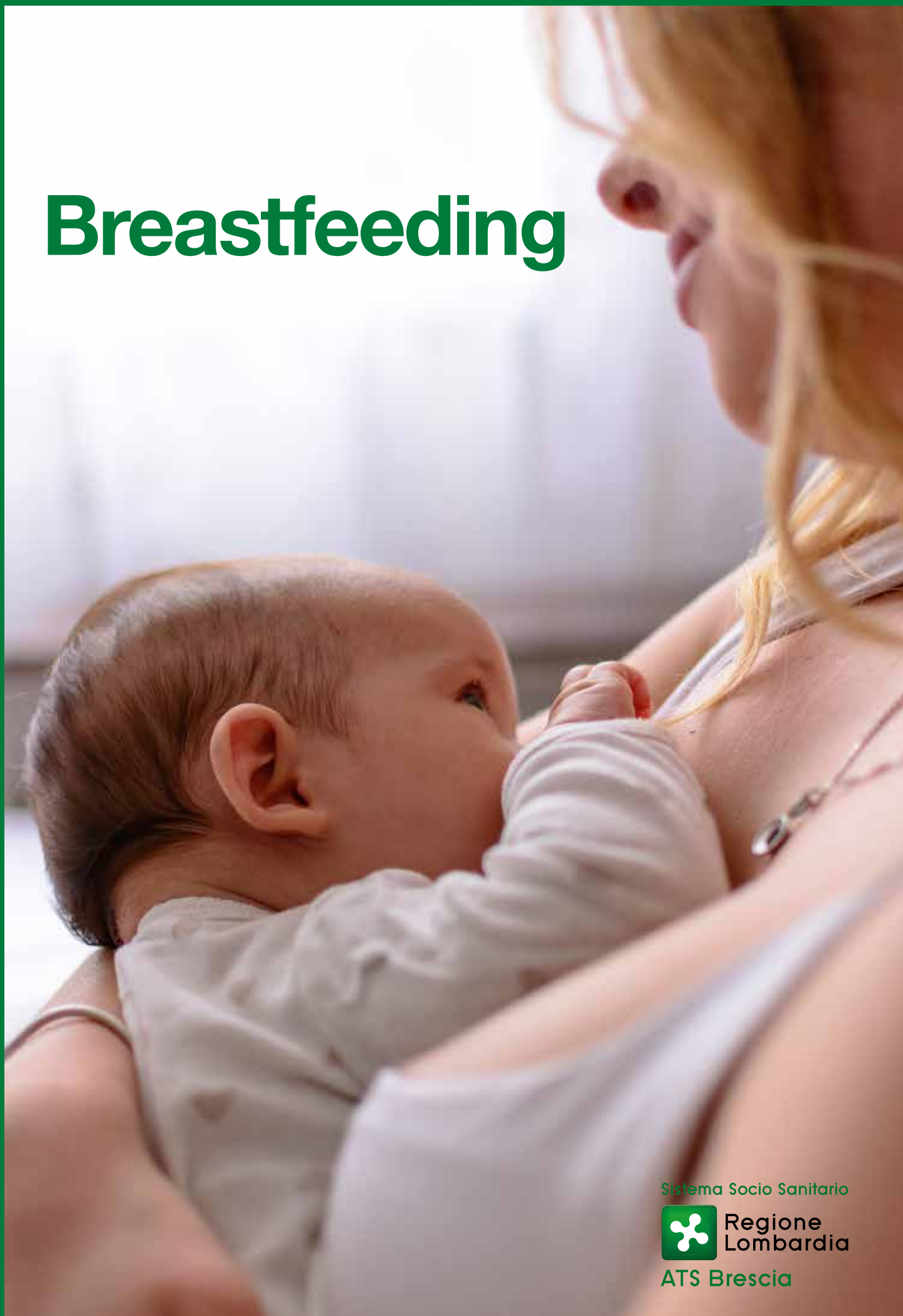


Breastfeeding



Sistema Socio Sanitario



Regione
Lombardia

ATS Brescia



Introduction

Breastfeeding is one of the most natural and intercultural moments that every person experiences over the course of their dietary journey.

Such a simple gesture as breast-feeding is subject to the influence of many variables and the interaction of many factors.

Below are some practical tips to help ensure good breastfeeding.

How to breastfeed

Which position is best for breastfeeding and how to attach the baby to the breast

There is no ideal position; the mother can breastfeed while sitting or lying down and every woman should find the most comfortable position for her. Whatever position you choose, the baby should lie on their side with their belly against the mother's body.

It is very important for the woman's position to be comfortable, so that the mother is relaxed. In the early stages, cushions can be used to support the back or arms or to position the child.

The nipple should be at the level of the baby's nose so that when the baby opens their mouth they will take the nipple from the bottom upwards. The baby should attach themselves to the breast and not to the nipple.

It is useful to stimulate the baby's mouth with the nipple and then bring it closer to the





breast when they open their mouth (as if to make a yawn) and allow them to put a good part of the areola in their mouth.

The indications to follow are therefore:

- baby's belly against the mother's body
- nose at nipple height
- the child facing the breast.

Breast attachment

We know that the baby is sucking properly if:

- the mouth is open and most of the areola is in the mouth
- the chin and the nose are in contact with the breast
- the lower lip is flanged out
- the upper part of the areola remains visible
- the cheeks are round and not sunken
- you can hear the sound of swallowing with a slow and deep rhythm
- no noises are produced by the popping of the tongue
- there is no pain during suction.

Do not use dummies, teats or feeding bottles when starting breastfeeding, as they can confuse the baby and cause difficulties in breastfeeding.

How to tell if your baby is eating enough

The amount of milk produced depends on how much and how the baby sucks.

If breastfeeding is going well, the baby should wet 5 or 6 nappies a day with clear, diluted urine. As far as faeces are concerned, it is normal for them to pass from meconium (a brown-greenish substance contained in the baby's intestine at birth) to faeces on the fourth day of life, and to emit a very liquid and yellowish faeces (3-8 discharges per day for the whole of the first month, then, on average,

at least one discharge every 3-4 days). Infants can lose 7-10% of their birth weight in the first few days, but must regain what they lost in 2-3 weeks. Babies that are exclusively breastfed immediately after birth, with frequent and effective feeding, can lose very little weight.

Nutrition and habits of the mother during breastfeeding

The diet of the breastfeeding woman should be varied and there is no need to prefer or remove any food during breastfeeding. Above all, there are no foods or drinks that promote milk production or reduce it:

- Some foods can give a different taste to milk but there is no need to remove them from your diet;
- It is advisable to refrain from smoking cigarettes and consuming spirits.
- Coffee, tea and chocolate should be limited
- Drug use is absolutely prohibited
- The breastfeeding mother can still practise sports

- Hair loss during breastfeeding due to hormonal changes is normal
- In case of fever, flu, cold or diarrhoea you can continue breastfeeding.

Breast cleaning

It is sufficient to maintain normal daily hygiene. It is sufficient to clean the nipple with water only. The use of special creams or ointments should be avoided.

Medicines and breastfeeding

There are many medicines that can be taken while breastfeeding (antibiotics, antipyretics, painkillers), even though they all pass through to the milk in varying amounts. It is better to take a medication immediately after feeding, thus avoiding the transfer of more medicine into the milk. Before taking any medication or alternative medicine products, it is advisable to consult your doctor.

