

How is the breastfeeding going?

Tips for breastfeeding

Pad containing 50 sheets



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Babies feed at the breast, not at the nipple.

Make sure that your baby **has enough** of the **breast in his mouth** whilst feeding. Sore nipples usually develop only when baby sucks on just parts of the nipple.

The following situation is ideal:

Your nipple and much of the areola will be enveloped in the baby's wide-open mouth. His lips will be turned outwards. His tongue will be protruding over his lower dental ridge. His chin will be touching your breast. If nothing is hurting, then you're doing everything correctly. And if there is any discomfort, get help from a breastfeeding advisor.

Which breastfeeding position suits you?

Breastfeed in the position that's **most comfortable** for you and your baby. You'll know you've found a suitable position if you both feel comfortable and your baby is able to feed properly. Make yourselves comfortable so that you can hold the position for a long time.

Whether lying down or sitting down: Your baby's body should be completely turned towards you whilst breastfeeding. Cradle him in your arm at chest level. Guide baby to the breast, which will minimise the strain on your back. You can use a pillow for support.



Fist in mouth means 'I'm hungry'.

Your baby will show you when he's hungry. With subtle signs: He'll become **more restless**, **smack his lips**, put his **fist in his mouth**. He'll search, turn his head back and forth, open his mouth. You'll both find latching on easier if you try to feed baby when he gives you these early signs.



Crying is a late sign of hunger.

A crying baby will be more hectic, making it harder to get him to latch on. So before trying to get him to latch on, try to calm him by **carrying, stroking, cuddling, talking**.

Breastfeed when your baby wants to.

Breastfeed on demand, i.e. whenever your baby wants to rather than at set times. Regardless of whether he has just fed, during the day or at night. This will allow the **quantity of milk** that you're producing to naturally adjust to your baby's hunger.

Let your baby feed for as long as he wants. Offer him both breasts. If he only wants to feed from one breast, offer him the other breast first during the next feed. Your baby will show you when he's full.



Did you know:

In the first few days after the birth, milk production changes. It's particularly important to get your baby to feed more often at that point.

Breastfeeding will leave your baby feeling full!

There will always be days when your baby feels like feeding all the time, such as during a growth spurt. Many babies want to breastfeed more often in the evening too. These phases will pass and are **not a reason to worry** that you aren't producing enough milk.

On the contrary: If your baby is feeding a lot at the breast, **your milk production will increase**. This is regulated by your hormones. That's your body's response to your baby's **increased need**. And he will always get full, even without supplementary feeding.



More on breastfeeding:



Recharge your batteries during the postnatal period.

Looking after a baby can sometimes be exhausting. Hence you should allow yourself plenty of **rest time**, especially in the first few weeks after the birth.

Maybe your family or a friend would be willing to help out with the shopping or take an older sibling to the playground. That will give you more time for **shared breaks** with baby. Why not sleep during the day when your little one is sleeping?!

A calm postnatal period will help make breastfeeding more relaxed.



Breastfeeding advisors will help you if you need them.

Give yourself **time and peace and quiet** to understand your baby's breastfeeding needs. After all, you have to get used to working together as a breastfeeding team.

Get help if you're unsure about breastfeeding or are having problems. You can ask your midwife for advice at any point during the breastfeeding period. If you don't have a midwife, get in touch with the **breastfeeding advisor** at your maternity clinic or another local breastfeeding professional. Alternatively, you can talk to your gynaecologist or paediatrician.

It often only takes a few adjustments for breastfeeding to work better.



Eat yourself fit for breastfeeding.

You should **eat regularly** and refrain from dieting when breastfeeding. This is because you'll now be needing around 500 kilocalories (kcal) more energy each day.

Unlike during pregnancy, you can eat anything while breastfeeding. Plenty of vegetables, fruit, wholegrains and enough dairy products are ideal. If you want to eat a vegetarian diet, eat more wholegrain products, pulses and nuts.

Drink plenty, e.g. **a glass of water with every breastfeed**. Choose non-alcoholic drinks while breastfeeding.



Breastfeeding mothers need support.

Even if you as partner can't breastfeed your baby, there are many things you can do to support during the breastfeeding period. Ask your partner what she needs, **be there for her**. Give her encouragement if breastfeeding doesn't go so well one day.

Relieve her of as many everyday tasks as possible, whenever and wherever you can alongside your job. Take it in turns to carry, comfort and soothe the baby. You can also feed your baby expressed milk.



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