

# Breastfeeding 101

The facts and benefits of breastfeeding.



MotherToBaby  
CALIFORNIA  
Medications & More During Pregnancy & Breastfeeding  
Ask The Experts

Being educated on the facts of breastfeeding will allow you to make an informed decision on what nutrition is best to offer to your baby.



## Infant Health and Nutrition Benefits

- Offers all nutritional requirements.
- Provides antibodies to fight off diseases.
- Less likely to be overweight and have diabetes.
- Perform better in intellectual tests.
- Less upper respiratory infections and ear infections.

#1

## Recommendations

Start within an hour of birth.

Breastfeed for at least six months.

Continue breastfeeding for a year with supplementary food.

## Mother Benefits

Lower risk of developing breast and ovarian cancer.

Forms a bond between mother and child.

Saves time and money.



## Economical



Recommended worldwide



Post neonatal mortality decrease



Less annual healthcare cost and visits

## What To Do

Play with your baby's feet; it makes them feel secure.

After finishing, hold your baby up and burp them.

Eat well balanced meals with plenty of calcium!

## What To Avoid

Give up on breastfeeding!

Smoking, alcohol, high mercury fish, certain medications.

Switching over to formula permanently.

Rushing your baby or getting impatient.



## How to Breastfeed

1

Find a comfortable position for you and your baby.

2

Position baby's nose on nipple and its stomach to yours. That way your baby has to tilt its head up which will help in swallowing.

3

Hold your breast with one hand and with the other hand, rub your baby's lips.

4

When the baby opens their mouth, lean them forward onto your breast.

5

Your baby's mouth should cover all of the areola, not just the nipple. This will ensure a deep latch for good milk transfer.

6

Allow your baby to feed as long as they need to. Once finished, bring them upright and pat their back so they can burp.

## Breastfeeding Positions



Cradle



Football Clutch



Sitting



Biological



Laying

### Resources

<http://pediatrics.aappublications.org/content/115/2/496>, <http://www.who.int/features/factfiles/breastfeeding/facts/en/index4.html> <http://www.theatlantic.com/health/archive/2012/04/the-benefits-of-breastfeeding/255206/>, <http://kirstenhanlon.com/breastfeeding-when-breast-isnt-best/>

### Organizations That Recommend Breastfeeding

MotherToBaby, World Health Organization (WHO), American Congress of Obstetricians and Gynecologists (ACOG), American Academy of Pediatrics (AAP)