



# Breastfeeding for the Health and Future of Our Nation

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Presentation adapted from Breastfeeding for the Health and Future of Our Nation with permission from the Best Start Resource Centre.



# Breast Milk is Amazing

- Reclaiming Our Tradition
- The importance of breastfeeding
- Making an Informed Decision about how you will feed your baby
- Learning to breastfeed
- The importance of support

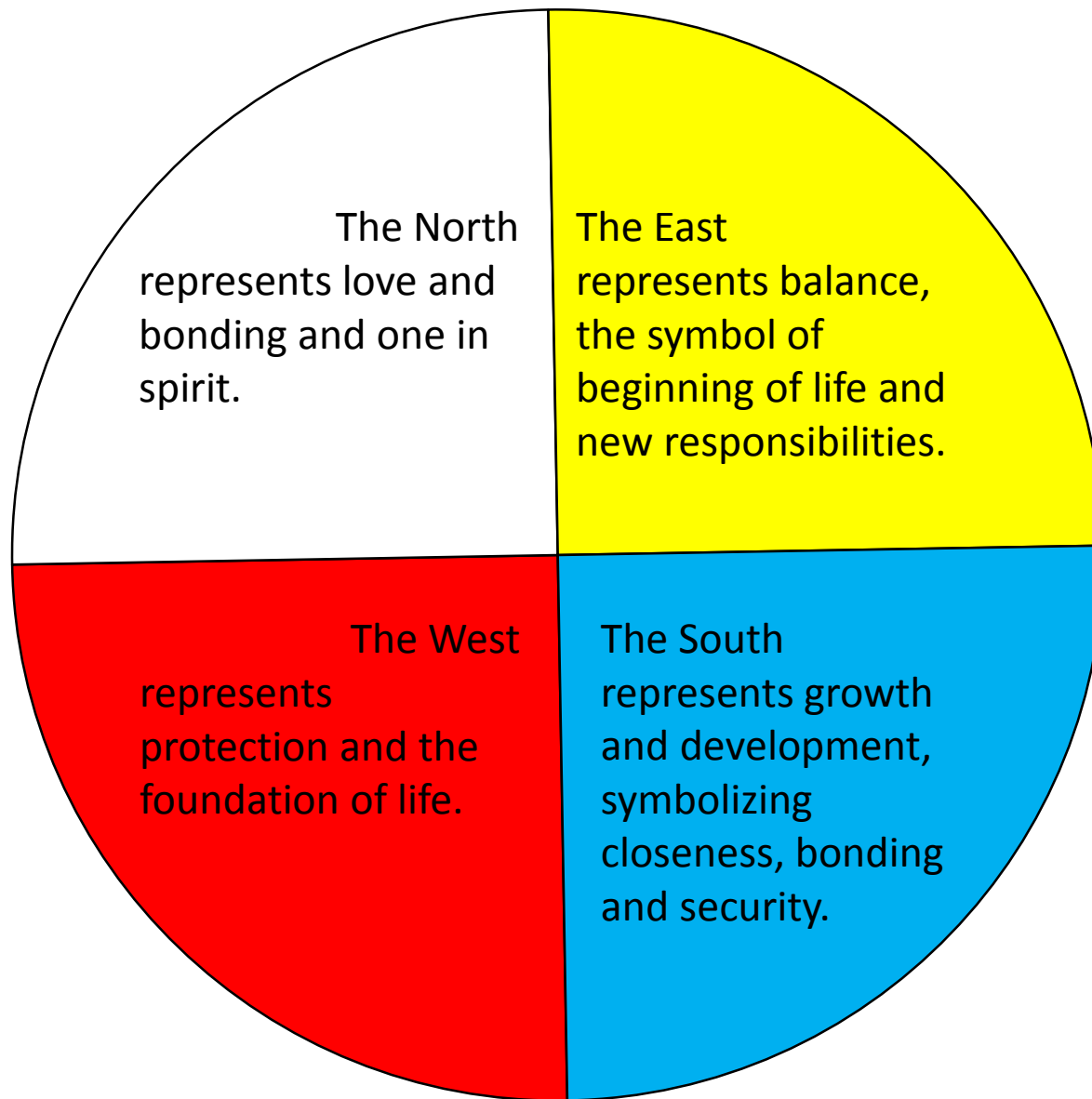




# Breastfeeding information is important for everyone!

- Dads
- Partners
- Family
- Friends
- Health care providers





# Breastfeeding: Reclaiming Our Tradition

Circle of Life:

- Conception
- Pregnancy
- Birth



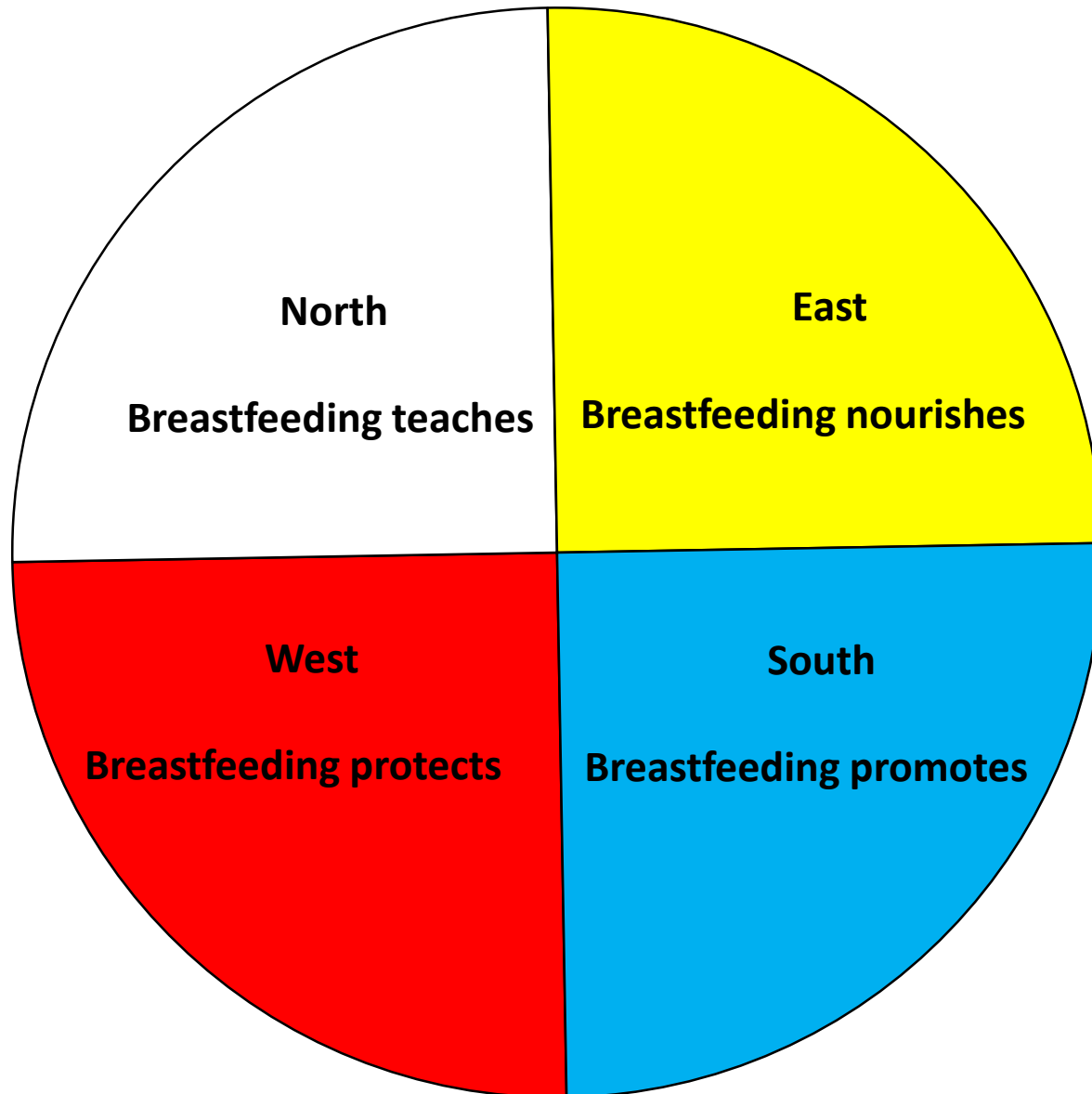


# Protection of Infants

- The core of traditional infant care is through close and constant contact with mother and breastfeeding.
- Breastfeeding, to nourish, protect, guide comfort and ensure a strong bond between infant and mother.



# Breastfeeding is Important



# Skin-to-Skin

- Helps baby to adjust from being inside your womb.
- Helps baby to control his/her heart rate, breathing and blood sugar
- Helps your baby stay warm
- Helps your baby be calm
- Helps your milk supply and milk to flow





# Baby's feeding Cues

## EARLY CUES - *"I'm hungry"*



- Stirring



- Mouth opening



- Turning head
- Seeking/rooting

<http://thebabyspot.com.au/blog/should-i-wake-my-baby-to-feed/>



# Baby's feeding Cues

## MID CUES - *"I'm really hungry"*



• **Stretching**



• **Increasing physical movement**



• **Hand to mouth**

<http://thebabyspot.com.au/blog/should-i-wake-my-baby-to-feed/>



# Baby's feeding Cues

## LATE CUES - "Calm me, then feed me"



- Crying



- Agitated body movements



- Colour turning red

<http://thebabyspot.com.au/blog/should-i-wake-my-baby-to-feed/>

























# Latch and positioning

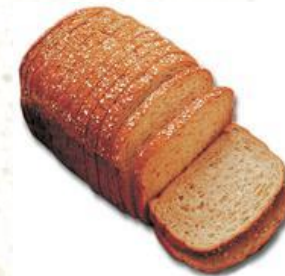


# Is Baby Getting Enough?

GUIDELINES FOR NURSING MOTHERS									
Your Baby's Age	1 WEEK							2 WEEKS	3 WEEKS
	1 DAY	2 DAYS	3 DAYS	4 DAYS	5 DAYS	6 DAYS	7 DAYS		
<b>How Often Should You Breastfeed?</b> Per day, on average over 24 hours	       								
	At least 8 feeds per day (every 1 to 3 hours). Your baby is sucking strongly, slowly, steadily and swallowing often.								
<b>Your Baby's Tummy Size</b>	   								
	Size of a cherry      Size of a walnut      Size of an apricot      Size of an egg								
<b>Wet Diapers:</b> <b>How Many, How Wet</b> Per day, on average over 24 hours	    								
	At least 1 WET      At least 2 WET      At least 3 WET      At least 4 WET				At least 6 HEAVY WET WITH PALE YELLOW OR CLEAR URINE				
<b>Soiled Diapers:</b> <b>Number and Colour of Stools</b> Per day, on average over 24 hours	  								
	At least 1 to 2 BLACK OR DARK GREEN		At least 3 BROWN, GREEN, OR YELLOW			At least 3 large, soft and seedy YELLOW			
<b>Your Baby's Weight</b>	Babies lose an average of 7% of their birth weight in the first 3 days after birth.								
	From Day 4 onward your baby should gain 20 to 35g per day (½ to 1½ oz) and regain his or her birth weight by 10 to 14 days.								
<b>Other Signs</b>	Your baby should have a strong cry, move actively and wake easily. Your breasts feel softer and less full after breastfeeding.								
<b>best start meilleur départ</b>									
Breast milk is all the food a baby needs for the first six months — At six months of age begin introducing solid foods while continuing to breastfeed until age two or older. (WHO, UNICEF, Canadian Pediatric Society)									
If you need help ask your doctor, nurse, or midwife. To find the health department nearest you, call INFO Line: 1-800-268-1154. For peer breastfeeding support call La Leche League Canada Referral Service 1-800-665-4324.									
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# Does mom have to eat a special diet to breastfeed?





# Can mom breastfeed if she smokes?



Can a mom take medication while she is breastfeeding?



# How can your partner and family be of support?

- Learn about breastfeeding
- Cuddle, burp and change the baby.
- Hold the baby before and after feeding.
- Spend time skin-to-skin with baby.
- Bring food and drinks to mom so she can feed the baby.
- Help mom relax and get extra sleep.
- Help with the cooking, cleaning, and laundry.
- Give mom encouragement and support.
- Limit visitors.
- Accompany mom to appointments.





# Becoming a parent is a wonderful experience.

- Being a parent can be tiring, frustrating and difficult...but all your effort, consistency and love are so important with long lasting rewards.
- If you have questions, speak to your family, friends, elder, health care provider. There are no “silly” questions.

