



Breastfeed Your Newborn

Breastfeeding gives babies the best start in life. As shown below it is advantageous to both baby as well as mother.

Benefits to Baby	Benefits to Mother
Sterile, ready-made immunity	Emotional bonding
Cheap, non-allergic, well-adapted	Postpones menses
Easy availability, easily digestible	Maintains form
Emotional bond, complete nutrition	Decreases risk of breast cancer

Getting started:

- Breast-feeding is a skill to be learnt; for both; mother & baby as well.
- You can start breast-feeding right in delivery room. It helps successful establishment of adequate breast-feeding.
- Do not discard '**Colostrum**' – the yellow, creamy milk produced in first few days, as it is rich in nutrition and antibodies (immunity).
- Breast milk is drink and food in one. Don't give your baby even sips of water.
- Breast milk production is regulated by '**Demand and Supply**'. More the baby suckles at breast (Demand), more the milk secretion (Supply).
- **No 'Bottle' please!** It increases risk of infections (gastrointestinal and respiratory) and malnutrition. Bottle is an addiction. Baby suffers later!
- Mother's milk Composition is different than any other milk. Constipation, colic, Iron deficiency anemia & protein malnutrition are common with any other milk.
- Indicators of adequate breast-feeding: At least 5 feeds a day, 5 diaper-wetting a day, golden yellow stools (3 – 5 times a day), content baby, good weight gain.
- Watch for – Engorgement, Sore / Cracked / Inverted nipples, breast-abscess and fever with chills. Contact your doctor. Inform your pediatrician about any drugs.



For successful Breast-feeding observe 3 C's: Calm, Comfort & Close to baby.