



**BREASTFEEDING
SUPPORT**



OTAGO & SOUTHLAND

Hāpai i ō hoa, i o whānau ki te whāngai ū

Support your partners, friends and whānau to breastfeed

Feeding Your Baby

It takes a whānau to breastfeed a baby. Let those closest to you know about your breastfeeding intentions and that you need their strength and support.

The Breastfeeding Peer Supporters from Otago and Southland can help you. Visit our website for information on how you can contact your nearest peer supporter- www.breastfeedingsos.co.nz

Breastfeeding Peer Supporters are people in your community who have completed an internationally recognised training programme. They can support you through the “normal” course of breastfeeding and help answer many common questions. When you have a new baby no question is too small or silly to ask!

For Further  Information

on local breastfeeding support visit

www.breastfeedingsos.co.nz

1. *Why breastfeed?*

Breastfeeding isn't just about nutrition. Breastfeeding has other benefits for baby including: brain development, jaw and facial development, healthy gut microbiome, bonding and many more. Benefits for the mother include lowering the risk of breast and ovarian cancer, postpartum weight loss and lowering cardiovascular disease risk, and it's free!

2. *Breastfeeding isn't always easy.*

Some babies and their mothers find breastfeeding goes smoothly from the start, but for others it may take more time. If you are uncomfortable, in pain or just not enjoying breastfeeding help is available and there are people to talk to. There are always options—every mother and baby is different. One size doesn't fit all.

3. *Is my baby latched properly?*

Many women feel tenderness or sensitivity during the first few days of breastfeeding. If breastfeeding continues to hurt during feeds you may need help to improve your baby's latch. An effective latch enhances both your comfort and milk transfer to your baby. If you are comfortable, your baby is comfortable and getting the milk they need, the latch is effective.

4. *How often do babies need to breastfeed?*

Offering the breast whenever your baby shows cues helps establish your milk supply and your baby gets the milk they need. Some babies have a more predictable feeding pattern than others and feeding may last for over an hour. It is quite normal for your baby to feed 8-12 times or more in a 24-hour period in the early weeks.

5. *How do I know my baby is getting enough milk?*

- Your baby is satisfied (after most feeds), lets the breast go and is settled.
- Your baby is putting on weight and growing in length.
- Your baby is alert and starting to interact with you when awake.
- Lots of wet nappies each day.
- Urine should be pale and not strong smelling. Baby's poos will be soft and yellow/mustard coloured.