

## Contact information and useful breastfeeding supporting groups

### Breastfeeding supporting group in La Rioja. Baby-Friendly Hospital Initiative (BFHI)

Telephone: 651 19 67 34  
E-mail: [alhalda@gmail.com](mailto:alhalda@gmail.com)

[www.alhalda.es](http://www.alhalda.es)

UNICEF.  
[www.unicef.org](http://www.unicef.org)

AEP. Spanish Paediatric Association  
[www.aeped.es/lac-mat](http://www.aeped.es/lac-mat)

La Leche League International  
[www.la lecheleague.org](http://www.la lecheleague.org)

« Via Lactea » supporting group  
[www.vialactea.org](http://www.vialactea.org)

Alba-breastfeeding  
[www.albalactanciamaterna.org](http://www.albalactanciamaterna.org)

Breastfeeding supporting group  
[www.iespana.es/grupolactanciamaterna](http://www.iespana.es/grupolactanciamaterna)

Breastfeeding course  
[www.amamanta.es](http://www.amamanta.es)

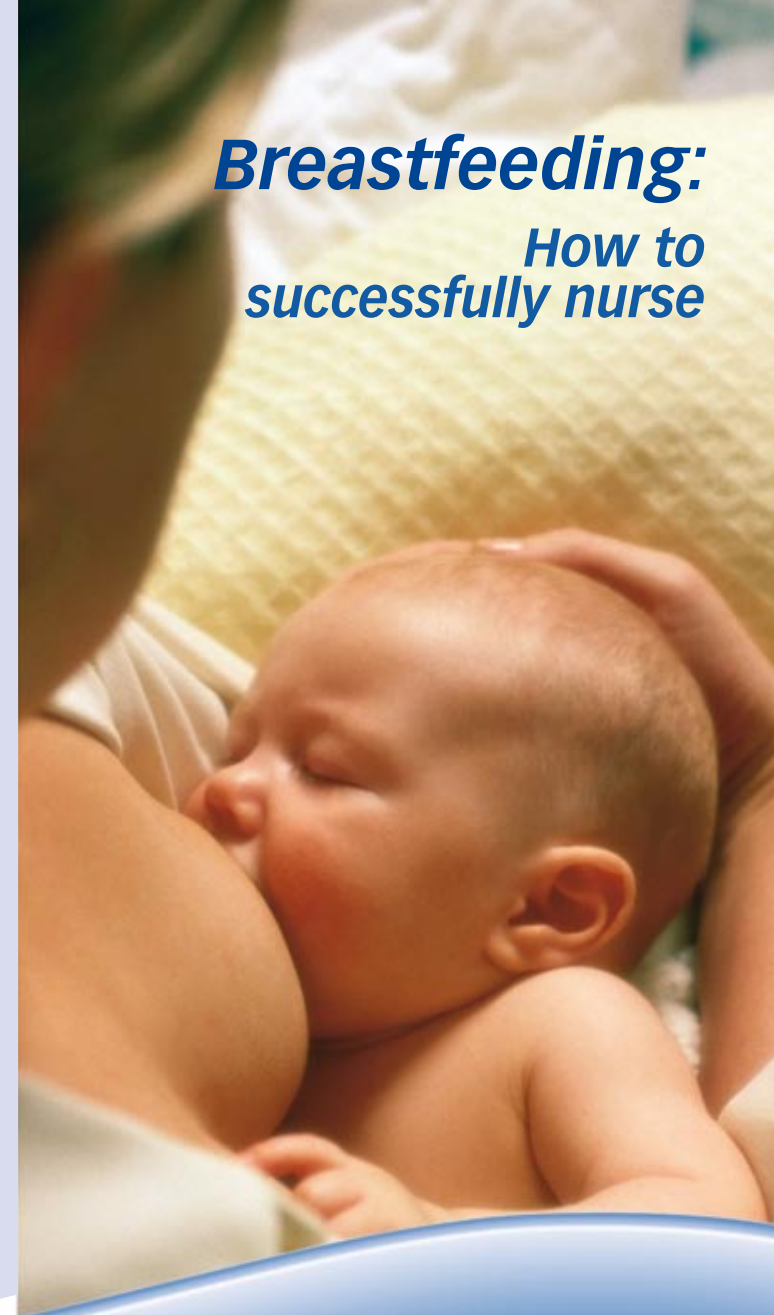
Web about compatibility of breastfeeding with Pharmaceutical Drugs and other Products  
[www.e-lactancia.org/ingles/inicio.asp](http://www.e-lactancia.org/ingles/inicio.asp)

Breastfeeding and work  
[www.4woman.gov/breastfeeding/index.cfm?page=home](http://www.4woman.gov/breastfeeding/index.cfm?page=home)

## In Short

- Breastfeeding is the natural and affective form of feeding for newborns. It is amply demonstrated that it is the best nourishment during the first six months of life and afterwards as a supplement to other food.
- The breast works on demand: the more you offer it to your baby, the more breast milk you will have.
- It is recommended to start nursing within the first two hours after delivery, and as soon as it is possible after a caesarean.
- Always breastfeed the baby on demand, with flexible schedules; try that the baby takes 7 or 8 feedings per day, during the first weeks always respecting his nightly rest.
- Leave your baby on the breast as long as he needs.
- Babies until six months old only need breast milk. Do not give him water, juices or infusions.
- Do not offer him a dummy or feeding bottles, he does not need them and they could damage him.
- Your breast does not need any special hygiene, a daily shower is sufficient.
- **REMEMBER: ALWAYS FOLLOW THE ADVICE OF YOUR PAEDIATRICIAN OR MIDWIFE OR PAEDIATRIC NURSE**

## Breastfeeding: How to successfully nurse



## ● BREAST MILK: ONLY BENEFITS

Breastfeeding is the natural way of feeding the baby and its nutritive, immunity and psychological benefits are well known.

It is the perfect nourishment during the first six months of life; it is free and comes warm, hygienic and ready to be consumed. When breastfeeding you are not only nourishing the baby, you are also offering the comfort, confidence, warmth and love needed for the integral development of the baby.



## ● How to successfully breastfeed

It is recommended to put the newborn to breast as soon as possible after delivery, if possible within the first half an hour after birth.

During the first few weeks, it is not recommended to use dummies, at least until the breastfeeding is properly established. Furthermore, it is not recommended to give the child any feeding bottles of saline solution, water, milk, etc ... because the breastfed baby does not need any additional food and it would only add to "confuse" the baby.

It is fundamental that the nipple and the areola are inside the baby's mouth, because a correct technique can avoid pain and cracked nipples during suction.

To a great extent, the success and later satisfaction depends on the proper positioning of the baby on the breast. Before all else, you must position yourself

comfortably and position the baby as close to you as possible ("belly button to belly button").

It is important at this time of breastfeeding to forget the time and nurse the baby each time he demands. Above all at the beginning, some babies need feeding every hour and a half or two hours. If you offer your breast and he accepts it, it is because he needs it. We must allow the baby to nurse until he is satisfied, and not to take the breast away from him, only he knows when he is full, pay attention to him.

## ● Mother Care

Breastfeeding does not require any special hygiene. It is enough to have a daily shower using your normal soap.

Nipples must stay as dry as possible, and to prevent cracks, or, if they should appear, to heal them, it is recommendable to express a few drops of milk after breastfeeding and spread it over the nipple and areola.

There is no reason to justify "eating for two". Your diet must be varied and healthy, including milk and dairy products and abundant liquids. Let yourself be guided by your hunger and thirst.

Breast milk receives EVERY TYPE OF TOXIC SUBSTANCE and so your baby also receives the SAME TOXIC SUBSTANCES (pills, cocaine, alcohol, nicotine...). **DO NOT TAKE TOXIC SUBSTANCES** and always ask advice from your midwife or paediatrician.



## How can I know if the baby is getting enough with only my milk?

When nursing it can not be seen what amount of breast milk the baby is receiving. But the vast majority of mothers have enough milk to nurse their babies.

## Nipple shape and size

All women have the capacity to breastfeed their babies. Also, those women who have flat or inverted nipples can do it, because the suction is carried out by "suction cup", even though it is true that you will need more practice and patience in order that both of you learn.



## ● Returning to Work: how to continue breastfeeding

Returning to work is perfectly compatible with nursing your baby. One option is to bring forward the introduction of complementary food (fruits, vegetables,...) and for them to correspond with the mother's working hours. The rest of the time when mother coincides with the baby, and the days off, she can perfectly continue breastfeeding.

If this is not the case, do not worry the possibility of pumping your breast and giving the breast milk to the baby when the mother is not there, stills exists.