

Learning about breastfeeding

Breastfeeding will be a new skill for you and your baby that you'll learn together with practice. Before your baby is born, begin learning how to breastfeed by watching videos, talking to other mothers about their experiences, referring to resources or attending a prenatal class on breastfeeding offered through the hospital or your public health unit. **Timing is important.** Begin breastfeeding your baby as soon as possible after birth, within 30 minutes. Skin to skin contact with your baby is important and helps with successful breastfeeding initiation.

The breastfeeding process can be broken down into 4 simplified steps illustrated below:



1. Bring your baby to your breast, rather than your breast to your baby. Hold your baby close to your body, skin-to-skin, tummy-to-tummy, face to breast, mouth to nipple. Swallowing becomes difficult if your baby's neck is twisted – so check to see if your baby's ear, shoulder and hip are aligned. Support your breast by holding fingers underneath, away from the areola (dark area), with your thumb on top.



2a. Stimulate your baby's lips gently with your nipple. This will stimulate your baby's natural "rooting" reflex causing her to open her mouth as big as a yawn. When your baby's mouth is opened wide, bring your baby to your breast. Your baby's natural "rooting" reflex will help her to latch on. When she feels your nipple with her tongue, her lips will close over.



2b. Ensure her mouth is covering the nipple and as much of the areola as possible and that a seal has been formed. Both lips should be rolled outwards. You should see sucking motions along the jaw line.



3. Your nipple should be as far back in your baby's mouth as possible. If breastfeeding is painful, the latch may be on your nipple instead of your breast. Release your baby's suction gently by placing a finger in the corner of her mouth until you break the suction. Re-position and re-latch your baby to your breast.

4. Once your baby has latched and your milk begins to flow, you'll notice pronounced jaw movements and hear small swallowing noises from your baby. After feeding, your breasts will feel softer and less full.



Breastfed babies need a 10 µg (400 IU) vitamin D supplement. Speak to your doctor about your baby's vitamin D needs.



Need more information, advice and support?

*If you're not already a member,
join the Nestlé Baby™ Program
– it's FREE!*

Created just for new and expecting moms like you and designed to give you the information and support every mom needs – through every little baby step – right from the start.

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