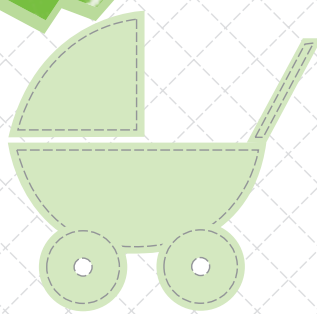
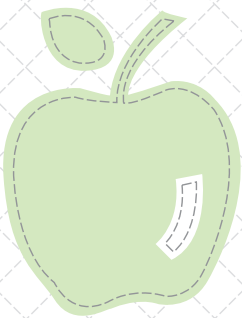
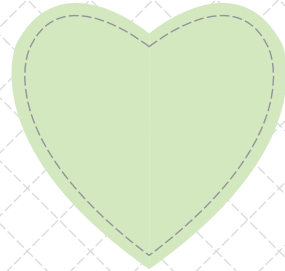
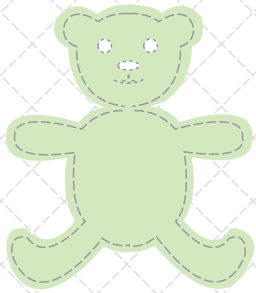


*Breastfeeding*



A NEW LIFE



# *The Best for You and Your Baby*

---

You are pregnant. Now is the time to learn the facts about breastfeeding and the risks associated with infant formula. Then you can decide what is best for you, and for your baby.

You may get a lot of advice about breastfeeding from friends or relatives. Breast milk is the perfect food for your baby. It is all your baby needs for the first six months of life. The act of breastfeeding will help your baby learn to love, trust and play. It is good for your baby to have skin contact with you, to look into your eyes, and to cuddle.

Breast milk gives your baby what his body needs to help fight disease (antibodies). You will give your baby natural “protection” from disease simply by breastfeeding.

Breastfeeding is good for your baby and will make you feel good about yourself too!



## ***Breastfeeding Is Best for Babies***

Here are some reasons why your milk is best for your baby.

### **Perfect first food**

Breast milk is made to meet babies' needs. It is easier for babies to digest than infant formulas (or breast milk substitutes). Babies who are not breastfed usually have more colic, burping, upset stomach, constipation, and diarrhea than babies who are breastfed.

### **Protection from disease, infection, and allergy**

Breast milk protects babies against disease and infection. Food allergies may be less common in babies who have only breast milk for the first 6 months. Breastfed babies have less breathing problems, diarrhea, vomiting, ear infections, juvenile diabetes and childhood cancers.

### **Baby decides how much to drink**

Babies breastfeed when they are hungry and stop when they are full. They decide how much milk to have. Babies who are fed with formula can be coaxed to take a little more. They may drink more formula than they need.

### **Good mouth development**

A mother's nipple fits the shape of a baby's mouth. Babies who breastfeed usually have good jaw development, and their face muscles are strong.

### **Comforts and makes babies happy**

Babies have a natural need to suck. Breastfeeding helps meet that need.

### **Close bond between mother and baby**

Breastfeeding is more than a way to feed your baby. It creates a bond between you and your baby. Your warmth and the closeness of your body help to make your baby feel safe and loved.

Breast milk supplies all of your baby's food needs during the first 6 months of life. This is the time of most rapid growth during life. Your healthy baby does not need any other foods during this time. That means no food or other drink except a vitamin D supplement (page 193). Feeding solid foods too early could reduce your milk supply and increase the baby's risk of allergies.

**H**ere are more reasons why breastfeeding is good for mothers and their families too.

### **Low cost**

Breast milk is free! You make breast milk, so your only extra expense might be the purchase of a nursing bra and breast pads.

### **Always ready and safe**

Breast milk is always clean, fresh, and the right temperature. You do not have to prepare bottles in advance or wash them after a feeding. When your baby is ready to eat, breast milk is also ready 24 hours a day. That makes night feedings very easy! If you travel with your baby it is easier too. There is no formula to prepare and carry, or bottles to wash.

### **Helps the environment**

Breastfeeding is the natural way to feed babies. You use less of the earth's resources because you do not have to heat, store and wash the bottles for formula. You will reduce air, land, and water pollution if you breastfeed. Why? Feeding your baby formula uses electricity, paper, plastic and gas (for transportation to stores).

### **Feeling good**

You are giving your baby the best food you can! Most mothers find breastfeeding makes them feel really good. While breastfeeding is natural, you will need to learn how to do it. It may take some time and patience, but it's worth the effort. You may have a few problems during the first weeks, and this is normal. Talk about them right away with your health care provider or with someone at your breastfeeding clinic. There are also other people in your town or city who can help.

### **Learning about your baby**

Breastfeeding helps you learn the signs that tell you what your baby needs. Then, you can answer her need for food and comfort before she becomes too upset.

## ***Breastfeeding is Good for Mothers and Families***

### **Helps mother's body**

When a baby sucks at your breast, your uterus returns to its normal size more quickly. Breastfeeding may also help you slowly lose some of the weight that you gained when you were pregnant. Making breast milk uses up fat stored in your body. Women who breastfeed are less likely to get weak bones (osteoporosis), cervical cancer, and breast cancer.

Breastfeeding does not guarantee that you will lose all the weight you gained when you were pregnant. Healthy eating and being active are also important. See Section 6 - Healthy Activity, to learn more about this.

### **Working mothers**

If you are working, breastfeeding may be harder to do. But women say it can be done, with planning and help. When you need to be away from home, you can express your breast milk manually (using your hands) or with a breast pump and leave it with your sitter or partner to feed your baby. Breast milk can be frozen for future use too.

Some mothers have a daycare centre at work, or nearby, so they can breastfeed during their breaks. You could plan for your partner, family member, or sitter to bring your baby to you during your breaks at work. Talk to your boss to see what can be done to make this possible.

### **If you are a student**

Many of the ideas for working mothers can help women who are also students. Your school, community college, or university may have a student counseling service that can help you. Find out what is available!



*Common  
Myths and  
Concerns  
about  
Breastfeeding*

**A** myth is a belief that is not based on fact. New mothers and fathers have many common breastfeeding questions. We try to answer some of them here. If you still have questions, talk to your health care provider or someone who offers breastfeeding support in your town or city.

**Will I be able to breastfeed?**

Yes, your milk will arrive and your baby will breastfeed.

There are some medical problems that prevent some women from breastfeeding. Examples are a mother who is addicted to drugs or alcohol, is having treatment for cancer, or is infected with HIV. A breast reduction may also decrease milk supply.

**Are my breasts too small?**

The size of a mother's breasts does not matter. Big or small, they can produce all the milk your baby needs. You need to start to breastfeed your baby very soon after birth. The more often you breastfeed, the more milk there will be.

**Are my nipples the right shape?**

The shape of your nipples is not likely to be a problem. Your baby's sucking will make the nipple and the dark skin around it (areola) softer as you breastfeed. Your baby will do most of the work if your nipple needs to be different from its normal shape.

**Will breastfeeding make my breasts sag?**

This is one of the myths about breastfeeding. The hormones of pregnancy, not breastfeeding, affect the breasts and may make them sag. A good support bra will help. You can expect your breasts to return to their normal (or almost normal size) when you stop breastfeeding.

**Does breastfeeding take a lot of time?**

Some people say that breastfeeding "ties you down." In fact, many women like the fact that breastfeeding gives them more freedom than formula feeding! All new mothers are limited by feedings, the baby's demands, and being tired. The first few weeks with a baby are filled with change and joy. This is true for all new mothers!

### **Do I need to eat special food?**

No. Go ahead and eat all your favourite healthy foods. Even if you do not have a perfect diet, your milk will contain everything your baby needs. For your own health, follow *Eating Well with Canada's Food Guide*, drink lots of liquid, and get plenty of rest.

### **What about smoking and breastfeeding?**

When you are pregnant, you should stop smoking. After your baby is born, the harmful effects of smoking get passed along to your baby in breast milk. Heavy smoking (more than 20 cigarettes a day), may make your baby feel like throwing up (nausea), throw up (vomit), have stomach cramps, and the runs (diarrhea). Smoking will also decrease the amount of milk you produce. The smoke from your cigarettes will increase your baby's risk of ear infections, colds and Sudden Infant Death Syndrome (SIDS). But, if you do smoke, it is still better to breastfeed than to feed your baby formula. You should know that your baby is more likely to be a smoker when he grows up, if you or your partner smoke.

### **Will breastfeeding keep me from getting pregnant?**

Breastfeeding is not an effective method of birth control unless you follow all the steps of the LAM method. See LAM (Lactational Amenorrhea Method) on page 220 in the birth control section in Section 8 - Healthy Family. Although you may not have a menstrual period while you are breastfeeding, you could become pregnant. You must use some form of birth control (contraception) if you do not wish to be pregnant.

Birth control pills can decrease the amount of milk you produce. Talk with your health care provider about the kind of birth control to use while you are breastfeeding. If you decide to use birth control pills, watch for the signs of less milk, such as smaller breast size, or more demand from your baby (outside of growth spurts).

### **Will my partner be left out?**

No. At first, when you and your baby are building the milk supply, there are many things he can do to help you. He can also build a close relationship with your baby. For details, see page 64.



### **What about my other children?**

Older children will wonder about breastfeeding if they haven't seen it before. They may want to talk to you and be near you while you are breastfeeding. Make a snack for them and have them sit next to you to eat it. Suggest that they bring you a book to read or that they do something quiet nearby. Give them special toys at this time. Talk to them about what is happening while you feed. If older children feel left out or jealous this is normal. Make sure they know that you love them and they are important to you.

If your children are old enough, they can help to care for the new baby. Teach them to hold or burp the baby. Ask your child to sing while you change the baby's diaper and to pass you things you need. They could answer the telephone when you are breastfeeding. If your older children have a good experience now, they may decide to breastfeed your grandchildren!

### **What about going back to work?**

In New Brunswick some mothers have maternity leave benefits. On the other hand, women who go to school, have a casual job, or are self-employed may not have paid leave. They may need to return to school or work within the baby's first month of life. If you must go back to work or school, you can still breastfeed with help from your partner, sitter, relative or friend. For more information about expressing, pumping and storing breast milk, talk to your health care provider.



# Getting Ready to Breastfeed

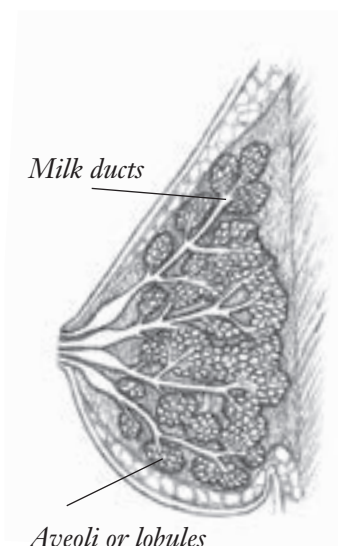
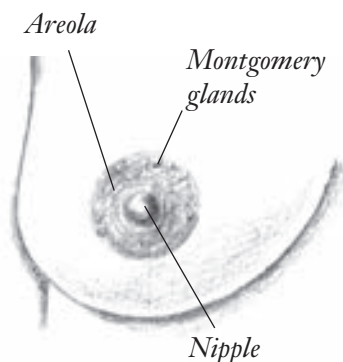
Once you know you will breastfeed, you can prepare yourself. The time to do this is now, when you are pregnant. It is also the time to think about who will support you and answer your questions. You can prepare your partner to be involved; there are many ways he can help. Near the end of your pregnancy, you might want to think about buying a nursing bra.

## The Breast and How It Works

The breasts are organs of the female body. This section describes the parts of the breast and how your breasts change during pregnancy and when your body makes milk (lactation).

### Parts of the breast

- The breast is made of skin, chest muscles, blood vessels, nerves, fatty tissue, and milk-producing tissue.
- The areola is the darker circle of skin that spreads around the nipple.
- Inside the breast, milk glands (or lobes, which are made up of smaller lobules) contain tiny milk-producing bags (alveoli).
- These tiny bags produce and release breast milk.
- Milk tubes (or ducts known as lactiferous ducts) carry the milk from the alveoli to the nipple.
- Each nipple has 15 to 25 tube (or duct) openings from the tiny milk bags.
- The bumps you see on the areola are called Montgomery glands. They produce an oil that makes the nipple and areola less dry. This oil also helps to prevent germs from growing on the nipple and areola.



## **Changes in Your Breasts**

### *1. Before pregnancy*

Your breasts were getting ready to breastfeed even before you thought about being a mother. Milk glands started to grow during your teenage years.

### *2. During pregnancy*

Hormones make your breasts change during pregnancy. The breast, areola, and nipple get bigger. The nipple and areola also become darker in colour. Milk glands and tubes (ducts) increase in number and grow in size. If you have some hair around your nipple, do not worry. This will not affect breastfeeding.

### *3. When you are breastfeeding (during lactation)*

You will notice a big change in your breasts when your baby is born. Once the placenta leaves your body, hormones tell the alveoli to produce milk. Your breasts will get bigger as milk fills the milk ducts. The amount of swelling is not the same for all women. Your breasts may feel full, or even a bit tight. If you breastfeed often, these feelings tend to go away.

## Setting Goals for Breastfeeding

**T**he best time for your baby's first feeding is within the first hour of birth. The World Health Organization and Health Canada say that it is good to breastfeed until the child is at least two years old.

Now is a good time to set some goals for breastfeeding. By making your own goals for breastfeeding, you are learning what you need to do.

You are also finding out how you are going to do it. If you set goals, you can then decide how to reach your goals.

### Your breastfeeding goals

Read this list of breastfeeding goals and check off the ones you want to aim for.

- I will breastfeed our baby as long as I can, because it will help our baby grow.
- I will try to quit smoking or cut down now.
- I will find a breastfeeding support group during my pregnancy.
- I will learn as much as I can about breastfeeding.
- I will tell the hospital staff that I plan to breastfeed my baby.
- I will create a baby-feeding plan that says that my baby will not be given any bottle or pacifier (see page 68 for a sample).
- I will accept that breastfeeding may take time, patience, and effort.
- I will make the first few weeks a learning time for both my baby and me.
- I will involve my partner so that breastfeeding will succeed in our family.

## *Building Support for Breastfeeding*

**B**reastfeeding is the normal way to feed your baby. But, this does not mean you will know how to do it right away. Most mothers need help and support to breastfeed. This is most true during the first month or two.

### **How can breastfeeding support help me?**

It is a good idea to think about getting support ahead of time and to find friends, family members, professionals, and support groups to help you. Why is this a good idea?

- You will have someone to talk to about breastfeeding your baby. This person can give you help in person or by telephone.
- You will have someone to lean on any time of the day or night. You may need it most often during the night!
- You will have people checking to see if you and your baby are fine. This may happen in person or by telephone.
- You will have help with some of the baby care. For example, a support person may take your baby for a walk while you relax in the bath. The support person could look after the baby while you have your hair cut.
- You will have someone to help with meals, housework, and maybe even shopping. This person may help a little bit or a lot. It depends on what you need and how helpful she can be.
- If you have other children, you will have help in caring for them. You can also involve older children in helping out, if you think it will work out.
- You will have someone to invite you, your baby, and the rest of your family for a meal or an outing.
- You will have a babysitter so you and your partner can go out.

Remember, friends and family will offer advice, whether you ask for it or not. Some advice will be helpful. Some of it may leave you feeling confused because the ideas do not agree with each other. Do not be afraid to ignore advice if you do not find it helpful!

### **Who can provide support for breastfeeding?**

The time to think about who can help you with breastfeeding is **NOW**, when you are pregnant. Then you will be ready when your baby is born!

- Find one or two mothers who have enjoyed breastfeeding their babies. It is good to choose people who live near you. Ask them if they will give you moral support or help with any problems you might have when you are breastfeeding your baby.

- Talk with your partner about ways to share “the load” once your baby arrives.
- Find out if there is a breastfeeding support group where you live. Ask your health care provider. Maybe you can join a group and learn from mothers who have breastfed their babies. Go to one or two meetings while you are pregnant.
- Find other new mothers to talk with and who will agree to do child-care for you (and you will do it for them). Find out how you can offer to give each other time off when you need it.
- Check to see if there is a parent-child drop-in centre, mother-baby group, or exercise program you can join close to where you live.
- Talk about breastfeeding with your health care provider. Your hospital or other agency may offer breastfeeding support in the community.

### A Word to Partners

As the partner of a breastfeeding mother, you can be part of breastfeeding. When your partner is pregnant, you can learn together why breastfeeding is good for your baby, for the woman, and for your family. Talk about your concerns at your prenatal class or with a health care provider. Share your feelings about breastfeeding before your baby is born.

### Here are some ways that partners can help with breastfeeding

Supporting the mother is important to successful breastfeeding. Here are some things that partners, family members and friends can do to support the breastfeeding family:

- Become informed. Read about breastfeeding. Talk to other breastfeeding families.
- Attend breastfeeding support groups with the mother (before or after the baby is born).
- Help with caring for the baby; bathe, massage, comfort, change diapers.
- Support the mother by helping with chores around the house, such as laundry, cooking, cleaning, grocery shopping, and looking after older siblings.
- Limit interruptions such as visitors and phone calls.
- Encourage the mother to get lots of rest. Help by comforting the baby, taking the baby for a walk, and talking or singing to the baby.
- Bring the baby to the mother for feedings. Mothers who have had a caesarean section or difficult delivery will really appreciate this.

- Ensure that the mother has a glass of water while she is nursing. Offer her a snack.
- Offer her lots of encouragement. A mother who feels supported will be more confident and will breastfeed for longer.
- Learn where to get help. If the mother and baby are having difficulty, get help.

### **Nursing bras**

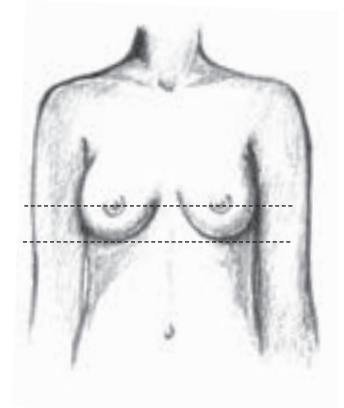
Nursing bras are made to provide women with support and comfort when they are breastfeeding. They also make it easy to breastfeed. You can wear a normal bra as long as it does not have under wire. They may clog or plug your milk ducts. Some mothers with heavy breasts find a normal bra gives more support. The ones that open and close at the front are best. Some women prefer to not wear a bra at all.

When you are pregnant, your breasts get bigger, and if you have to buy new bras, you might want to buy nursing bras. You can wear them while you are pregnant and also for breastfeeding. You will need 2 or 3 bras. You can buy them in a department store or maternity store. Have them ready to go into the suitcase you will take to the hospital.

### **What makes a good nursing bra?**

The bra should fit well, be easy to adjust, and not be tight. It should have seamless cups (without plastic liners). The flaps should be large. You will need to pull them down for easy feeding and to allow most of the breast to be free. The bra should give firm support and have wide straps that do not stretch. It should be made of cotton or cotton-polyester so you can wash it. Try the bra on before you buy it. Make sure you can hook and unhook the flap with one hand. A good lingerie store can measure you.

## *Buying Nursing Bras*



# Breastfeeding in the Hospital – Plan Ahead

---

## Feeding after birth

It is best if you can breastfeed your baby within 1 hour of birth. Most babies are quiet and awake for about 3 hours after they are born. During this time, your baby may be ready to start feeding. Not all babies will do this but you can still enjoy this first quiet time together.

## Common Questions

**Will someone help me the first time I breastfeed?**

Yes, ask someone to help you get started.

**Does the hospital allow babies and mothers to stay in the same room?**

Yes. It is normal for babies and mothers to be together 24 hours a day. It allows breastfeeding to have a good start. It is often called rooming-in.

**Does the hospital offer breastfeeding classes?**

During pregnancy you may find it helpful to attend breastfeeding classes where you can talk with other mothers about breastfeeding. When you are in hospital, the nurses can answer your questions and help you with breastfeeding. Ask for as much help and information as you need.

**Does the hospital staff give breastfed babies water or soothers (pacifiers)?**

No. Breastfed babies should not be given fake nipples. Sucking the nipple of a bottle or a soother and sucking the breast are very different. If babies have a bottle or soother, they may prefer to suck them, and not the breast. This can make a baby refuse your breast.





There is no need to give water, sugar and water, or formula to healthy babies who breastfeed. If the doctor says the baby needs liquid, it can be given to the baby by cup or in a syringe.

**Does the hospital or community have a support group or 24-hour breastfeeding phone line?**

Yes it does, make sure you call someone as soon as you have questions about breastfeeding your baby. Keep the phone number handy. Many problems seem to come up in the middle of the night. It is important to phone the number for advice when you need it.

**My baby and I will develop good latch-on skills**

Your baby gets milk by pressing on the areola, not by sucking your nipple. Nurses can help you and your baby learn the right way to latch-on. Having the correct latch is important for breastfeeding. If the baby has a poor latch, you may get sore nipples. Both of you need lots of practice so you can do it right. Be sure to ask the nurses in the hospital to check your latch.

**My baby and I will try more than one position for breastfeeding**

You do not need to sit up each time you breastfeed your baby. Lying down is a very good way to feed the baby at night because you can rest. It is also a good way for you to rest during a daytime feeding. Ask the nurses to help you and your baby try different positions.

**I will learn to express breast milk while in hospital**

Using your hand to pump out breast milk is called “hand expressing”. It is a good thing to learn when you are in hospital. You may need to use this skill when you go home. During your first week at home, you may need to make the areola of your breast softer so that the baby can latch on. The areola can be hard if your breast is full of milk. After you learn to express milk, you should wait for 3 or 4 weeks before you empty your breast to replace a feeding.



*Goals for Breastfeeding in the Hospital*



### Example of a Baby Feeding Plan

#### *My Breastfeeding Plan*

My goal is to breastfeed my baby and I would like my nurse to help me reach this goal. Please help me by doing these things:

- Do not give my baby a bottle.
- Do not give my baby any fluids or extra feeding without my consent.
- Do not give my baby a fake nipple or soother.
- Keep my baby in my room with me, at all times.
- Explain other ways of feeding to me, if my baby cannot breastfeed, such as cup feeding, finger feeding, and expressing my milk.
- Encourage me to have regular skin-to-skin times with my baby.
- Teach me to recognize when my baby is hungry.

