

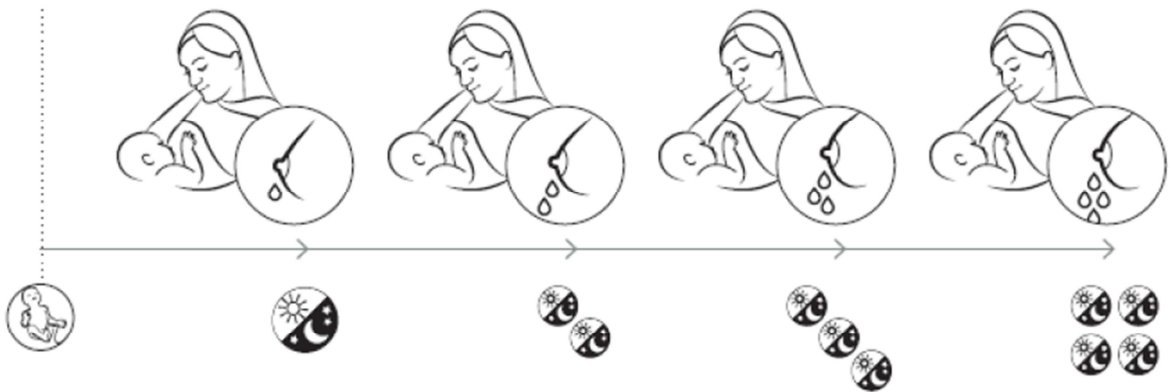


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1

Start breastfeeding within the first hour of your baby's life. During that time, mother and child should possibly not be separated and stay in skin-to-skin contact.



2

During the first days your baby receives especially valuable colostrum - the first milk. Even though the amount is small it is usually sufficient for your child and strengthens its immune defenses. On the 3rd or 4th day the milk starts flowing more abundantly, you will probably feel this engorgement by an increased tension in your breasts.



3

Frequent feedings, even at night guarantee an adequate milk supply.



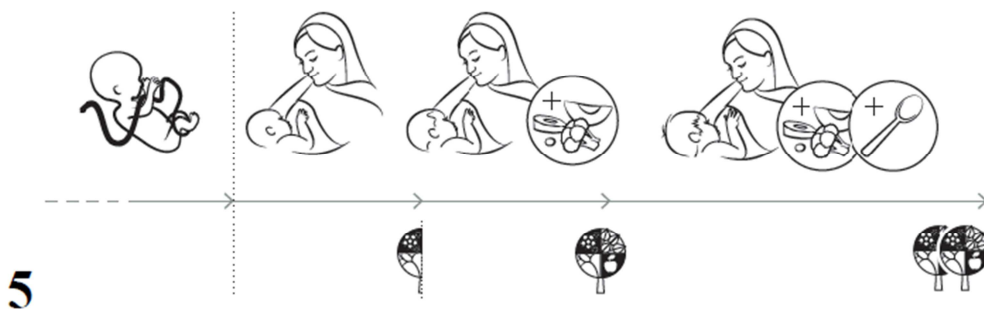
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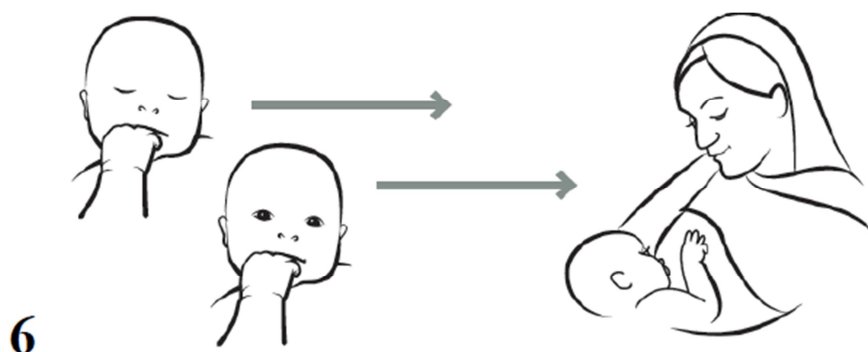
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Milk production depends on how much milk is actually wanted by the child. In the first days additional food, liquids or pacifiers can disturb this feedback loop and should be avoided .



Breastfeeding is the natural continuation of pregnancy. The WHO recommends exclusive breastfeeding for a period of six months and continued breastfeeding after introducing appropriate supplementary food up to 2 years and beyond as long as mother and child wish.



Babies show when they want to be breastfed. They can even show this while they sleep. They become restless, make searching head movements, sucking sounds, open their mouth, make sucking movements and gentle noises or hand-to-mouth movements. Crying is a very late sign of hunger.



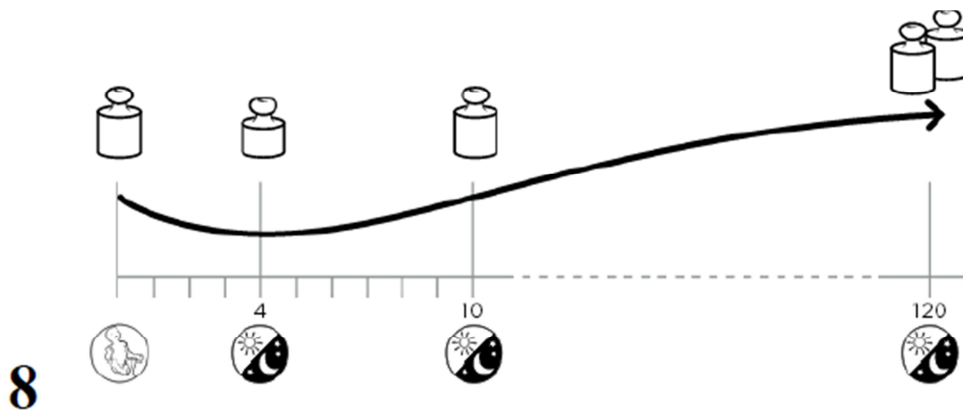
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When you put your child to the breast, make sure that the baby opens its mouth widely, latches on the breast and takes as much breast tissue as possible.



During the first few days, most babies lose some weight. Your baby gets enough milk when it reaches its birth weight again at 10 days of age and then the weight steadily increases. At about 4 months, most children have doubled their birth weight.

English

