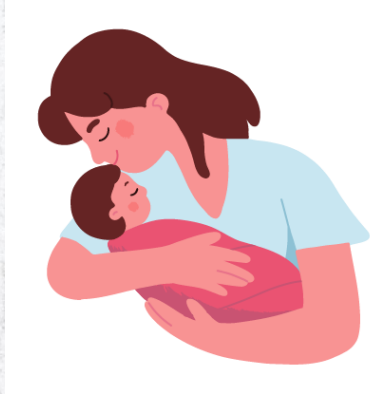


## Breastfeeding



### What's breastfeeding?

Breastfeeding is when you feed your baby breast milk, usually directly from your breast. It's also called nursing. Breastfeeding is one of the most effective ways to ensure child health and survival.

### Challenges of breastfeeding:

Sore nipples, dry, cracked nipples, breast engorgement is painful overfilling of the breasts with milk. Engorgement occurs during the early stages of milk production.

### Benefits of breastfeeding:

Breastfeeding is an investment in health, not just a lifestyle decision, infants who are breastfed have reduced risks of:

- Asthma.
- Obesity.
- Type 1 diabetes.
- Severe lower respiratory disease.
- Acute otitis media (ear infections).
- Sudden infant death syndrome (SIDS).





- Gastrointestinal infections (diarrhea/vomiting).

Breastfeeding can help lower a mother's risk of:

- High blood pressure.
- Type 2 diabetes.
- Ovarian cancer.
- Breast cancer.

### **When should you visit the doctor?**

You should visit the doctor if there is pain during breastfeeding, and the infant doesn't respond to breastfeeding.

### **The right way for breastfeeding:**

- Sit upright with your back and feet supported.
- Wrap your arms around the baby's back and bring it closer to you.
- Instead of supporting your baby's head, place your palm under its neck and shoulder to allow it to take the proper position for breastfeeding. You can also use pillows to support the baby.
- Bring your baby closer to your breast without bending your back.
- Make sure your nipple touches your baby's upper lip.
- Gently rub the nipple on his mouth and you will notice his response by opening mouth and moving his tongue down.
- Make sure his lip latches firmly on the nipple and part of the breast.

