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Breastfeeding— before and after



Caribbean Food and Nutrition Institute

Taking care of a new baby is hard work. It is easier to be a better mother if you are happy and can enjoy your baby. If you breastfeed you will have more time to enjoy your baby, get to know him better and form a close relationship with him. Baby will also be happier and will feel safe, contented and loved.

Breast milk is the best food for your baby in the first months of his life. It makes him grow strong and healthy, helps his brain to develop and protects him against infections.

This booklet will show you why breastfeeding is best for you and your baby so that you will want to breastfeed. It will also tell you what you need to know about giving him other nourishing foods as he grows older.

If you want your baby to grow to be a bright, healthy, happy child, you must feed him enough good foods from birth. You should also love him and care for him.



You can still breastfeed your baby if you work away from home . . .

especially when baby starts to eat other foods

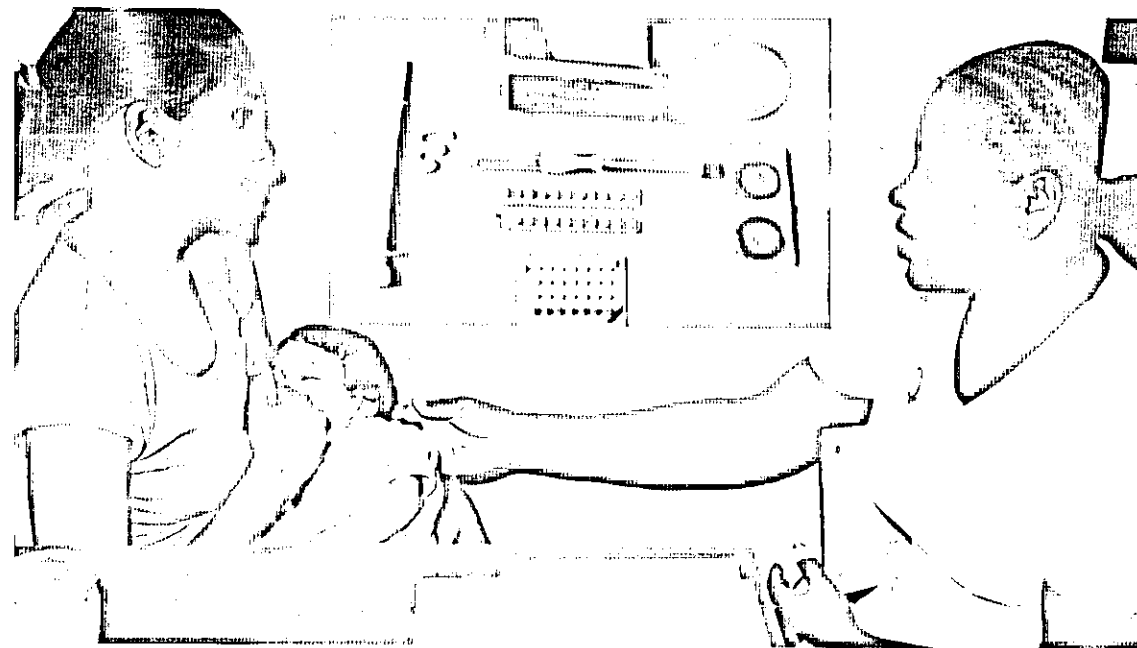
Breast milk is the perfect food for your baby – it is nourishing, pure and protective.



Breastfeeding makes you
and your baby feel close
to each other.

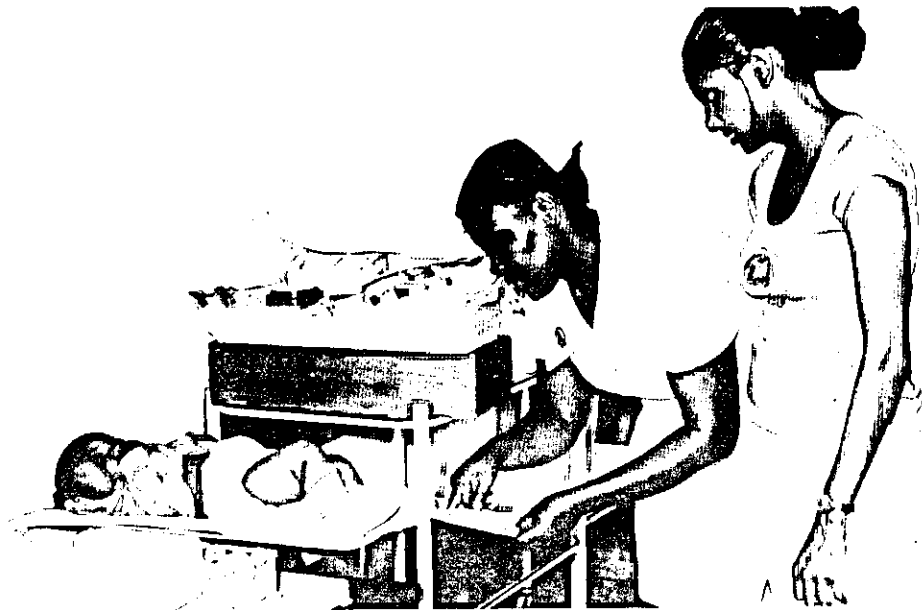


Breastfeeding does not necessarily keep you from getting pregnant.



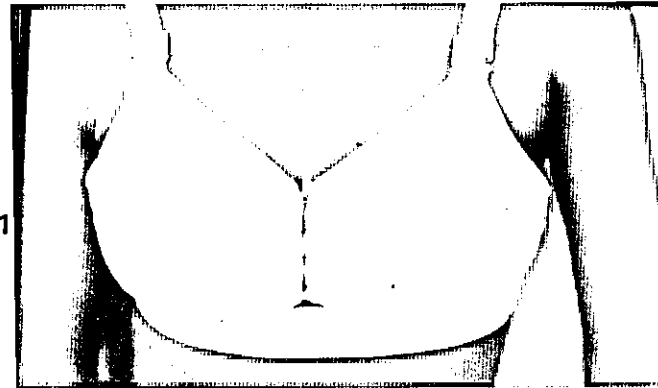
Ask about family planning when you visit the clinic for your post-natal check up.

Take baby to the Health Clinic regularly.

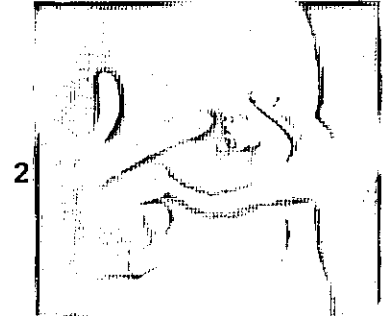


At the Clinic he will be weighed to see if he is growing normally.
He will also be given injections to protect him from disease.

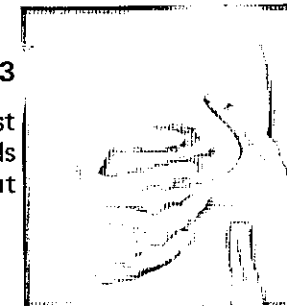
Breastfeeding is natural and easy if you get ready for it while you are pregnant.



Wear a good brassiere to support your breasts.



After you bathe, rub your nipples with vaseline, lotion, cream or oil to keep them soft.

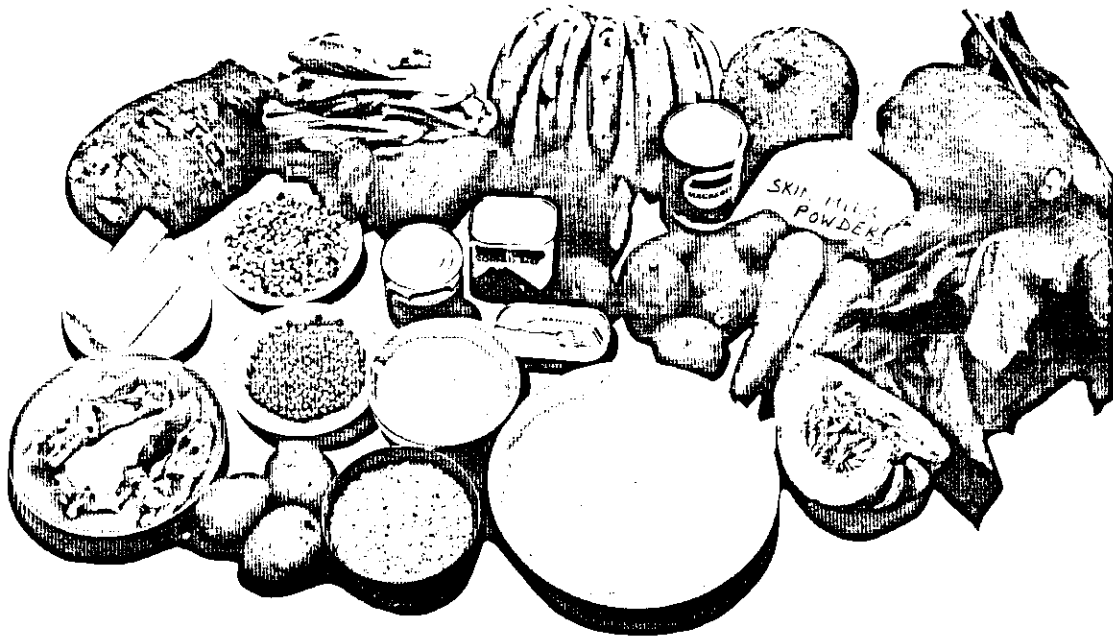


Massage each breast with your two hands and pull the nipples out a few times each day.

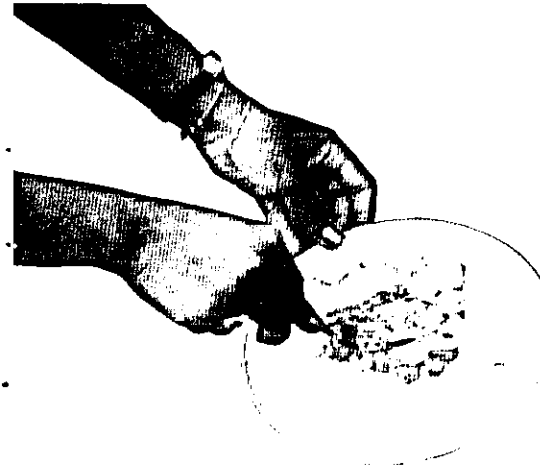


Squeeze colostrum from your breasts every day from about the seventh month of pregnancy

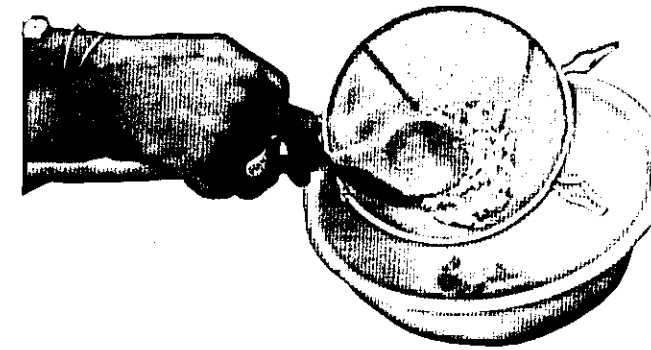
When you are pregnant and while breastfeeding, eat a good mixture of foods.



You don't need to buy special foods but you should eat a little more than usual.

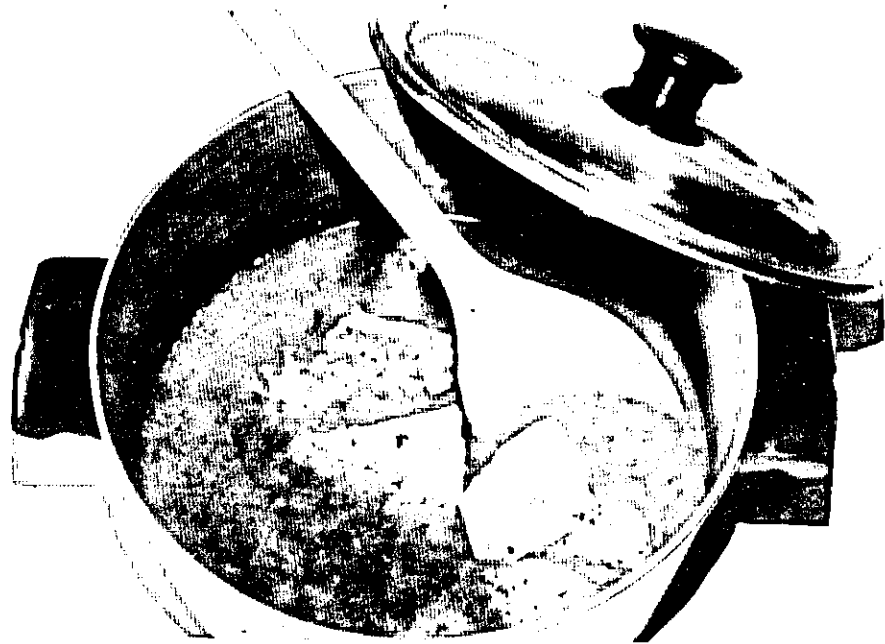


Mash food with a fork.



Rub the food through a strainer, then add gravy, margarine or the water the food was cooked in to make it softer and more nourishing.

After six months your baby can start eating from the "family pot".



Take out baby's share before adding hot pepper or strong seasoning, and remove all the bones.

Put your baby to the breast as soon as possible after he is born.



There is enough colostrum in the breasts to satisfy your baby. Colostrum is baby's first food.
The real milk will come in about three days after birth.

Breastfeeding makes your womb get small again and helps you lose weight more quickly.

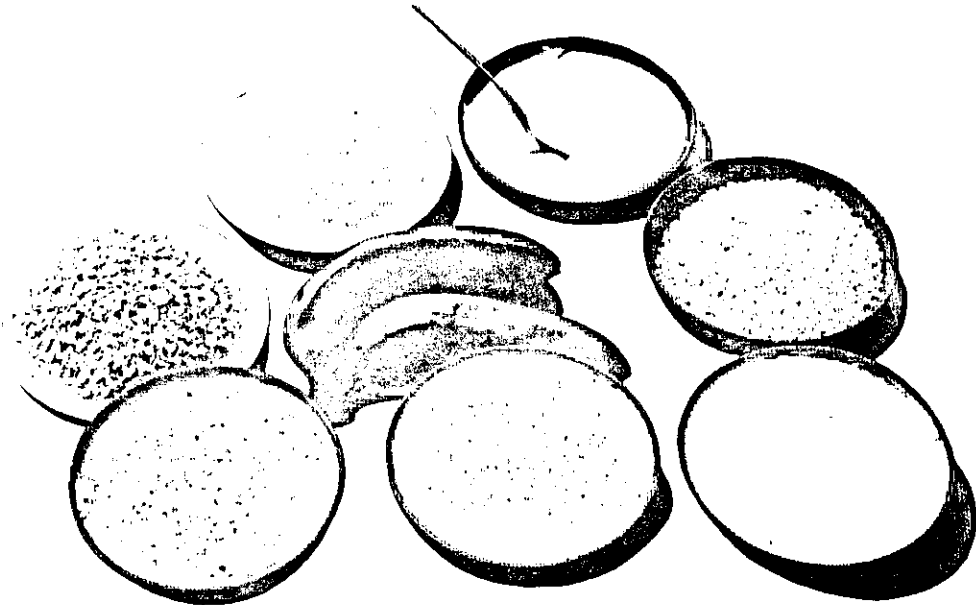


Baby also needs fruit juice or mashed fruit.



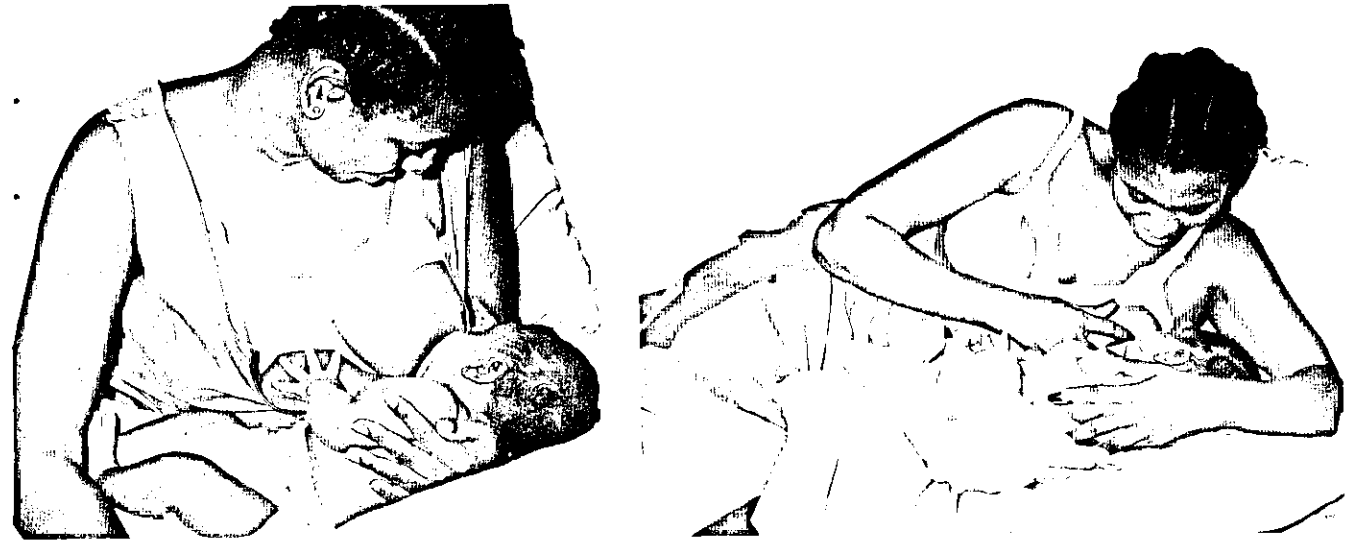
Use a clean cup and spoon to feed baby.

At about four months, baby needs more foods for energy and growth. Give baby thick porridge with milk and dark sugar added.



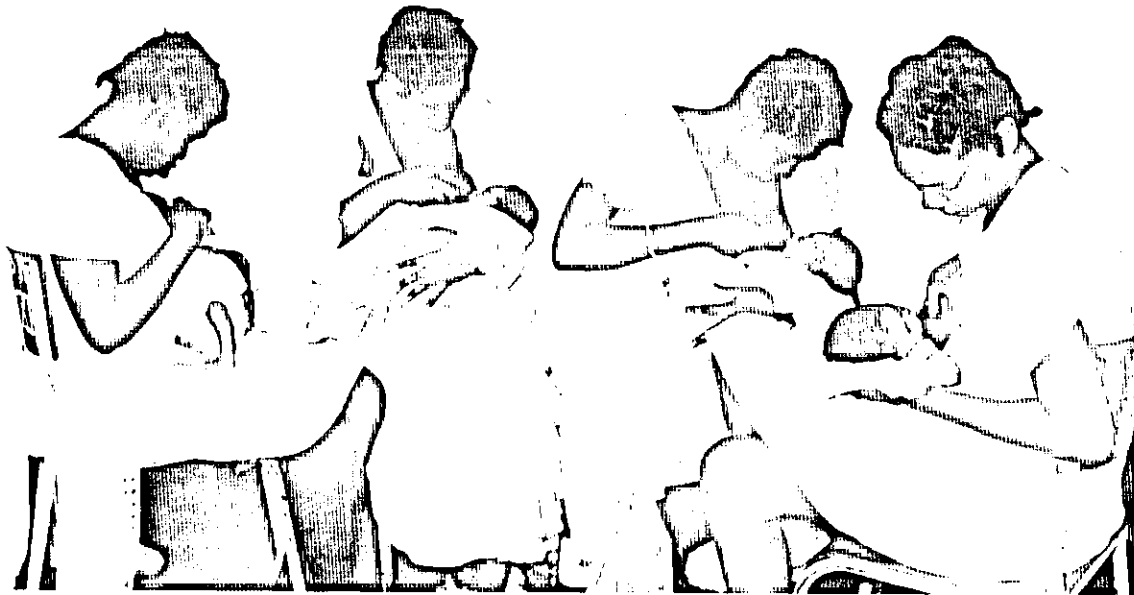
Use a clean cup and spoon to feed baby.

Knowing the best ways to breastfeed your baby will help you relax so that breastfeeding will be easier for you.



You can breastfeed your baby sitting . . . or lying down, which ever is more comfortable for you both. Support baby's back and head. Make sure he takes the whole of the nipple and the dark area around it into his mouth.

Baby needs no food other than breast milk for the first four to six months of his life.



You should breastfeed for at least six months, and after that for as long as you want.