



## Did you know ?

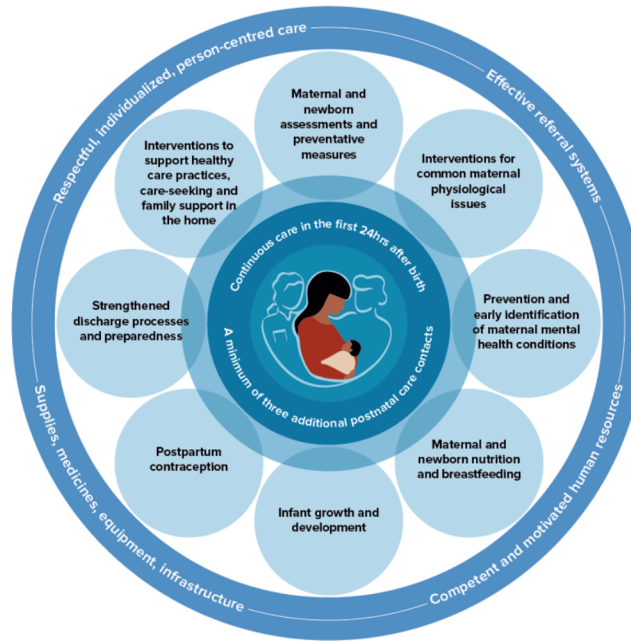
A mother's body can alter the amount of breastmilk that she produces in direct response to the amount that the baby needs. For example, if the baby is going through a growth spurt and nursing more often, the mother's body will produce more milk for the hungry baby



By choosing to breastfeed, you choose to give your child the best nutrition possible. Breastfeeding is a mother's choice and it's sometimes not an easy one. You can attend our Prenatal Breastfeeding Class 'Preparing to Breastfeed' and get in touch with our Lactation Consultants to learn why breastfeeding is an optimal choice for your baby.

Together we can give the support you need to successfully breastfeed your child.

Expectant mothers should attend this class one to three months before their due date with fathers, grandparents and other supporting people



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# Breast Feeding

Breast milk is a perfect gift for your baby. It is more than just food for your baby. Breastfeeding is the nature's way of nurturing the child, creating a strong bond between the mother and the child.

**There are a lot of Benefits to Breastfeeding. Some of them are:**

- Breastfeeding has health benefits not just for the baby but for the mother as well.
- Breastfeeding is safe and requires no preparation.
- Breastmilk has 100% all the nutrients that your baby needs.
- Breastmilk comes in the right amounts and at the exact right temperature.
- Breastmilk is easy to digest. Breastfeeding helps immunize your baby from certain illness.
- Breastfed babies get sick less often.
- Breastfed babies are less likely to be obese.
- Breastfed babies have better dental health.
- Breastfeeding helps you comfort your baby.
- Breastfeeding promotes bonding.
- Breastfeeding lowers mother's risk of cancers.
- Breastfeeding helps mother feel relaxed and peaceful.
- Breastfeeding helps with weight loss after childbirth.

## 6 MONTHS

Early initiation and exclusive breastfeeding for the first 6 months of life help ensure infants' best possible start to life. A mother's experience of breastfeeding can be profoundly affected by what happens during the first few hours after her baby's birth. A good beginning can make her breastfeeding easy and painless; a bad beginning can make it painful and difficult.



The human baby is born in a relatively immature state with kidneys and liver not yet able to process high protein feeds, and a brain that will triple in weight in the next two years to achieve 80% of its final size. Human mother's milk is low in protein, but highest of all milks in lactose necessary for appropriate brain development.



Unlike baby formula, human breastmilk is the perfect nutritional food for babies. A mother's milk contains the correct amount of carbohydrates, fats and proteins that a growing child needs. It contains infection fighting components called antibodies that can protect the child from diseases - something formula cannot do. Breastmilk also contains essential fatty acids (such as DHA) that are needed for proper brain growth as well as necessary hormones, vitamins and minerals.

**Latching and positioning is the key to successful breastfeeding**

