



جامعة الإمام عبد الرحمن بن فيصل
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Breast Feeding



What are the benefits of breastfeeding for the mother?

- Strengthening the bond between the child and the mother.
- The uterus returns to its normal size.
- Reducing the incidence of breast cancer.
- Reducing the incidence of ovarian cancer.
- Reducing the incidence of postpartum depression.
- Reducing the incidence of cardiovascular diseases.
- Reducing postpartum hemorrhage.
- Reducing the incidence of osteoporosis.



What are the benefits of breastfeeding for the baby?

- Obtaining the essential nutrients.
- Strengthening the child's immune system.
- Reducing the incidence of obesity.
- Reducing the incidence of diabetes.
- Reducing the incidence of eczema.
- Reducing the incidence of infectious diseases.
- Ease of digestion compared to formula milk.
- Reducing the incidence of colic and diarrhea.



When should I start breastfeeding?

- Start breastfeeding your baby from the first day after birth, preferably in the first hour, as the first drops of breast milk (**colostrum**) are rich in proteins and antibodies.
- Milk may begin to appear between the third and fifth day after birth. Breast milk may be little at first, but early breastfeeding helps speed up the process of lactation, the process of contraction of the mother's uterus, and prevent bleeding after the birth process.



How many times should I breastfeed my baby a day?

- The number of feedings varies from one child to another according to his desire. Respond to his desire and avoid breastfeeding him according to a fixed schedule because it may cause frustration in the child and may reduce the amount of milk you have.



How long does it take to breastfeed my baby each time ?

- Allow your baby to breastfeed for as long as he wants. The duration may be short at first but increases over time as your child grows.



Note: Avoid setting a fixed time in minutes for each feeding and avoid withdrawing the breast from your child before he feels full.

Is the baby breastfeed at night?

Yes, especially during the first weeks after giving birth.



How do I know if my baby is getting enough milk from breastfeeding?

Most mothers produce enough milk for the baby, but you can be sure by:

1. Monitor your child's weight and ensure that the baby is growing normally, as your child's weight must increase by 500 grams during the month, which is equivalent to 125 per week.
2. The child urinates 6 to 8 times a day.



How do I know if my baby is getting enough milk from breastfeeding?

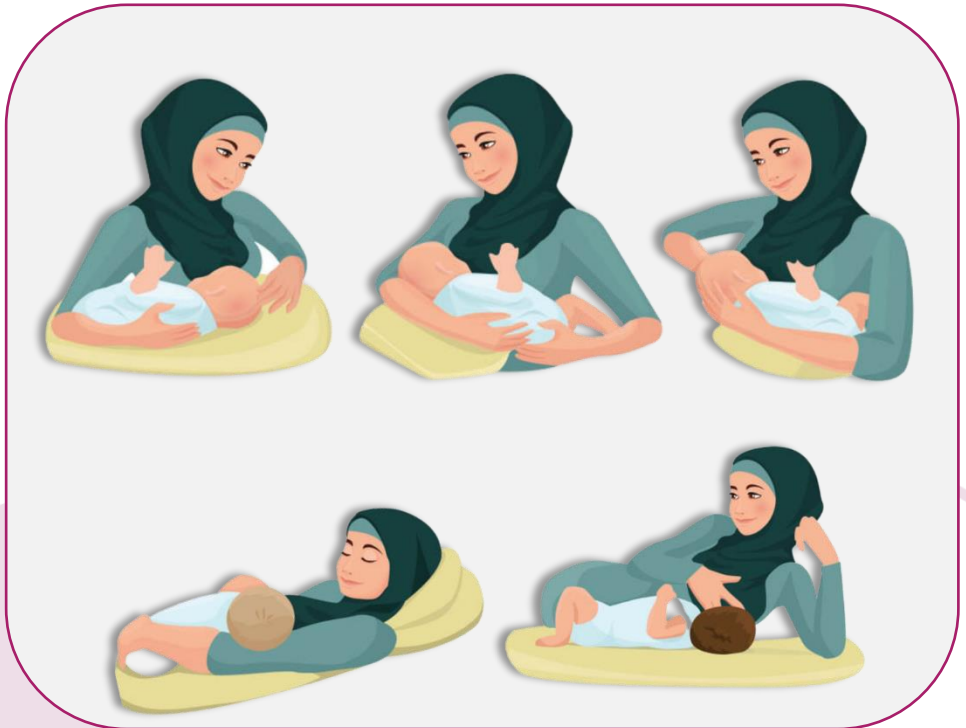
Note:

- If the child urinates less than 6 times a day, or if the child's urine has a strong, concentrated smell and an orange color, this is an indication that the child is not getting enough milk.



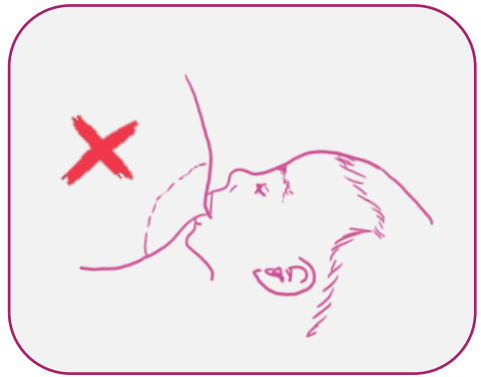
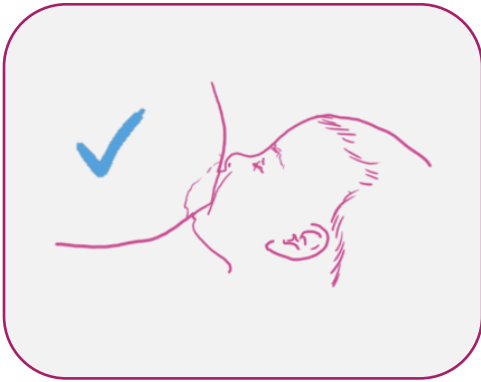
How can I position my baby correctly to the breast?

1. You must sit in a comfortable position. You can also breastfeed while lying on one side of you with your baby next to you, or you can lean on pillows, and when the baby's cheek touches the breast, he will turn around and open his mouth automatically.



How can I position my baby correctly to the breast?

2. The dark areola and nipple should be inside the baby's mouth and his chin should be close to your breast and pressing up on the breast.

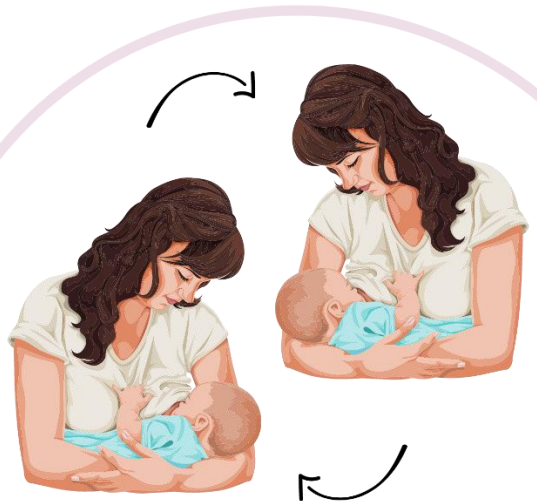


How can I position my baby correctly to the breast?

3. It is better to breastfeed your child from one breast until he is completely empty and then give him the other breast. This is because the milk at the beginning of a breastfeeding is different from the milk at the end of the breastfeeding, so it is better for the child to get both types of milk.

Should I stop breastfeeding when pregnant?

No, the amount of breast milk may be small, but it is still the best to meet your baby's needs.



Can I take birth control pills while breastfeeding?

Birth control pills may reduce milk production, so it is preferable to use different methods of contraception.

How can I breastfeed my baby if I am a working mother?

- If you will be away from your child for a short period and unable to take your baby to your workplace, it is preferable to breastfeed him immediately before you leave the house. However, if you will be away from him for long periods, be sure to empty the breast several times into a bowl so that your child's caregiver can feed him later with a spoon or cup.



How can I breastfeed my baby if I am a working mother?

- It is also preferable to breastfeed the baby during the night for long periods, especially if you leave him during the day for long periods.

How can I empty my breasts?

You can squeeze the breast with your hands, and you can also use modern devices.

1. Manual expression for breastfeeding:



Place your thumb on top of the breast outside the areola and the rest of

Press the chest inward, then squeeze outward, relax, then repeat the



How can I empty my breasts?

2. Breast pumps



Electric breast pumps

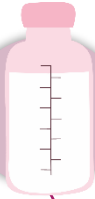


Manual breast pumps



What is the method of preserving milk?

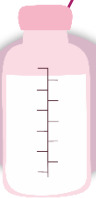
1. The storage of breast milk is as follows:



Room temperature
(26°C less than) four



Freezing in the freezer
Three - six months (normal/deep)



Refrigerator cooling
($4-2^{\circ}\text{C}$) Three days



What is the method of preserving milk?

2. Types of storage refrigerators.



Notes:

Sources and references:

All illustration used in this booklet is from

www.canva.com

Review and audit:

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Health Awareness Unit

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