

# Breastfeeding your baby



# Breastfeeding is an ongoing **relationship** between **you** and **your baby**

- ■ breastfeeding starts soon after your baby is born
- ■ it can take time for you and your baby to learn how to breastfeed
- ■ with the right help almost all mothers can breastfeed







# Breast milk is the perfect food for your baby

- it's all your baby needs to eat and drink for about the first six months
- it helps protect your baby against colds, tummy-bugs, infections and allergies
- it helps your baby feel safe and secure

# Breastfeeding is best for you too

- it's free
- it saves you time
- it gives you a chance to rest while you are feeding your baby
- it helps you feel close to your baby
- it may reduce your risk of some cancers and bone disease



There are different ways you can **hold your baby** to breastfeed – find one that is **comfortable** for you

- lie your baby on its side with its body facing you
- support your baby's back with your arm
- hold your baby close to your body







**Cross cradle hold**



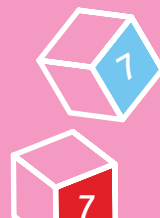
**Lying down hold**



**Football hold**



**Cradle hold**



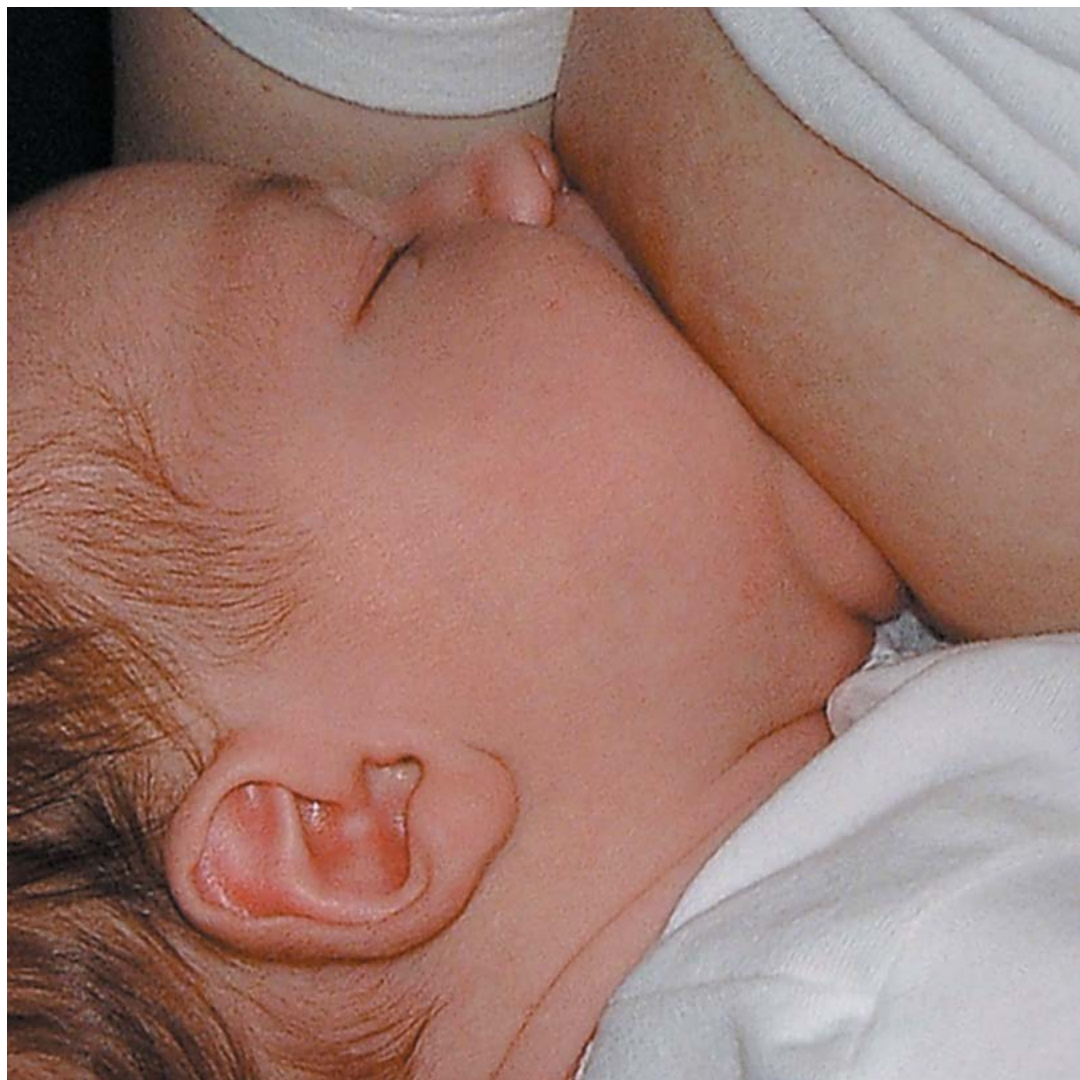
# Bring your **baby** to your breast – **not your breast** to your baby

- Make sure that
  - baby's mouth is WIDE open
  - baby's tongue is forward and right down
  - baby's chin touches your breast
- Bring your baby to your breast quickly









## When **your baby** is on your breast the **right** way

- your baby has a big mouthful of breast
- your baby's chin is **CLOSE** in against your breast
- if you listen, you will hear your baby swallow
- it may feel a bit sore at the start of a feed but this should ease off



## Breastfeeding should **feel good**

- if it doesn't – start again – slip your finger in the side of your baby's mouth to break the seal
- letting your baby suck the wrong way can cause problems
- if you feel pain in your nipples or breasts – get help quickly (see back page)

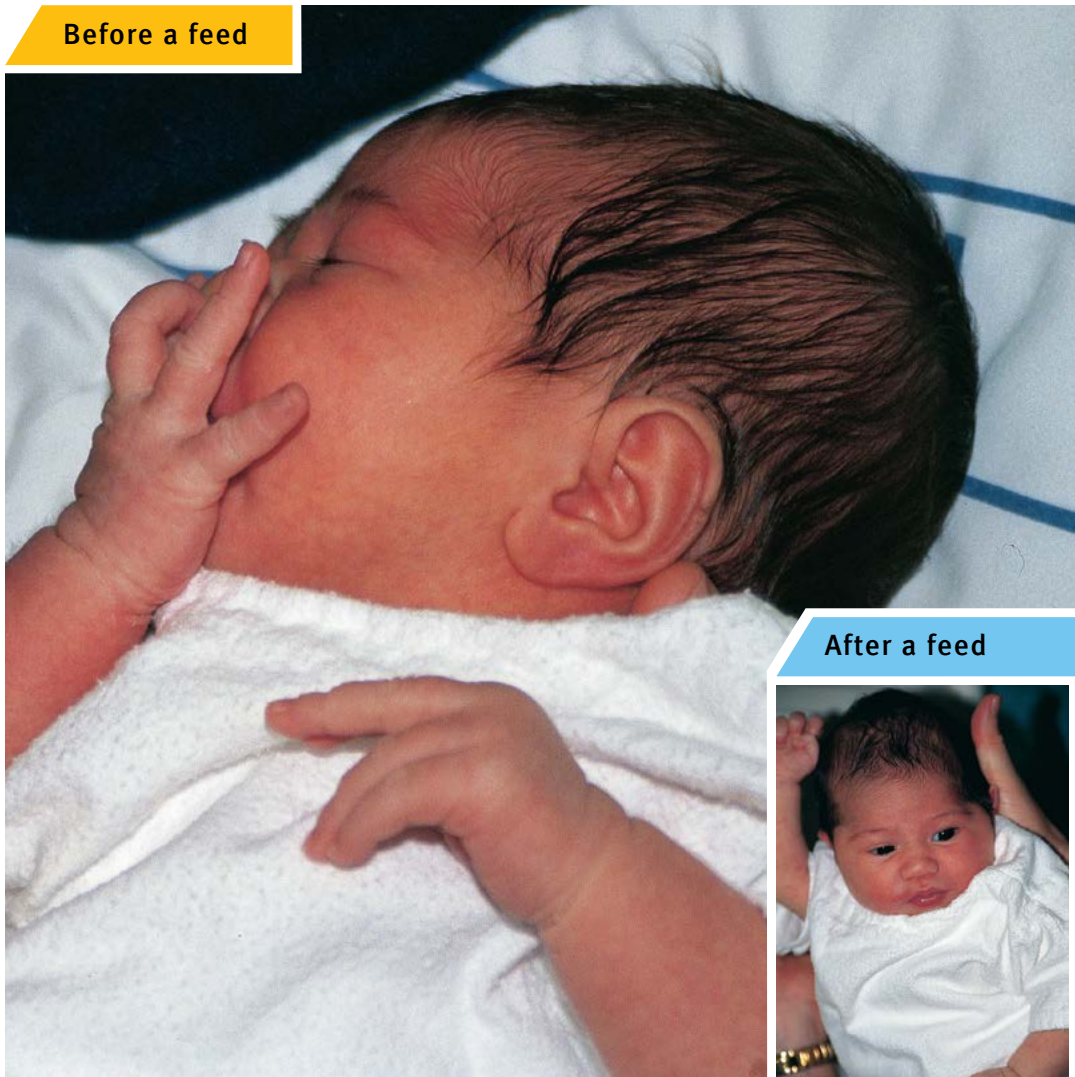


# When does my **baby** need to feed?

- Your baby will show you signs early
  - starting to wake
  - moving head
  - opening and closing mouth, licking
  - putting thumb or fingers in mouth
    - crying is a late sign
- For new babies – 8 to 12 times every 24 hours
- New babies need feeding during the night
- Some days your baby will need more feeds
- You are not likely to run out of milk – if you feed your baby more, your breasts will make more milk



Before a feed



After a feed







## You can still breastfeed . . .



- when you go out with your baby
- if you need to go out without your baby – talk to someone about how to express your breast milk (see back page)
- if you go back to work (read the pamphlet “Breastfeeding and Working”)
- as your baby gets older – breastfeeding is good for babies until they are at least two years of age or beyond



## Getting support



### Ask family and friends for help

- your partner and/or other family members can help with baby – cuddling, settling to sleep, changing nappies, giving baby a bath
- they can also help with washing, cooking, shopping and looking after older children

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# Need help breastfeeding?

Get help  
early



These places give help and information about breastfeeding.  
Most of the numbers can be found online.

- Your midwife or other lead maternity carer (LMC)
- Your local Well Child/Tamariki Ora nurse
- Plunket ■ Your local Plunket nurse
  - Family Centres
- La Leche League – give breastfeeding information and run breastfeeding support groups
- A lactation consultant – hospital-based or private; phone your local maternity hospital to find the name of one
- A breastfeeding clinic near you
- Women's Health Action Trust – [www.womens-health.org.nz](http://www.womens-health.org.nz)
- Ministry of Health – [www.health.govt.nz/your-health/healthy-living/babies-and-toddlers/breastfeeding](http://www.health.govt.nz/your-health/healthy-living/babies-and-toddlers/breastfeeding)
- Breastfeeding New Zealand – [www.facebook.com/breastfeedingnz](http://www.facebook.com/breastfeedingnz)

**For help and information call PlunketLine on 0800 933 922. If your baby is sick, call Healthline on 0800 611 116.**

**If the advice isn't working or you're not happy with it – get a second opinion**

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This resource is available from [www.healthed.govt.nz](http://www.healthed.govt.nz)  
or the Authorised Provider at your local DHB.

## Contact

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