



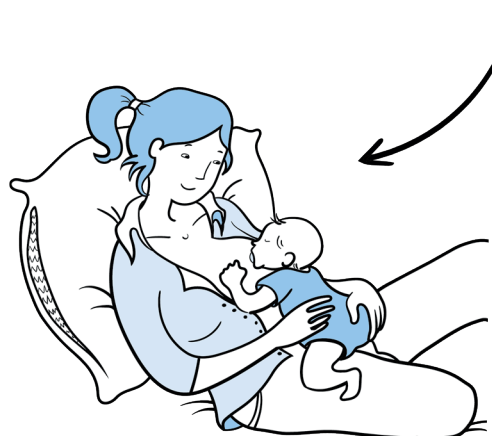
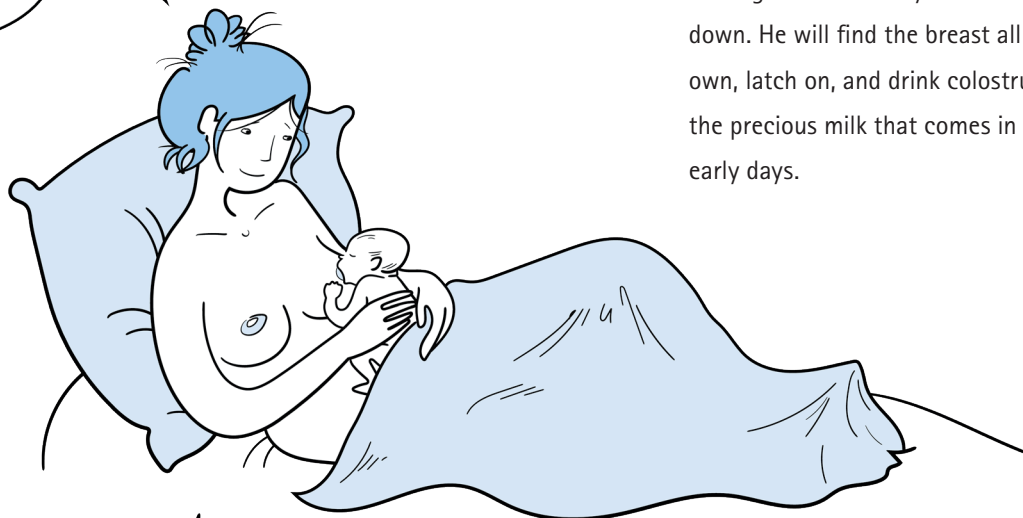
# Info-Comic

## "BREASTFEEDING in pictures" for the first few weeks

### Beginning breastfeeding

Most babies are very active in the first hour after birth. You and your baby will enjoy and profit from as much skin-to-skin contact as possible.

You can breastfeed right away. Lean back in a comfortable position. Tummy down on your belly is a good position for your baby. Put your arms around your baby, as if you were making a nest. Gravity will hold him down. He will find the breast all on his own, latch on, and drink colostrum, the precious milk that comes in the early days.



Your baby will also drink more effectively in this position (tummy-down on your belly) in the first few weeks. It allows him to take the breast deeply into his mouth and get a "good mouthful of breast". Nothing should hurt. You can relax and lean back comfortably and your baby finds it easy to swallow.

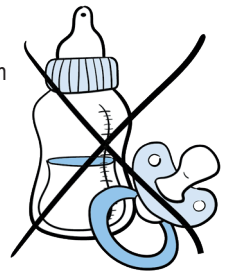
Colostrum is a power drink: it contains all the nutrients your baby needs and strengthens his immune defence system. After a few days, your milk flow will increase and your milk will change – it will adapt to the needs of your baby.

## How is your milk produced?

Whenever your child suckles at your breast, you release milk-making hormones and hormones that make the milk flow. If you let your baby drink a lot, you will produce a lot of milk. Cuddling your baby and rest also help you to release these hormones.

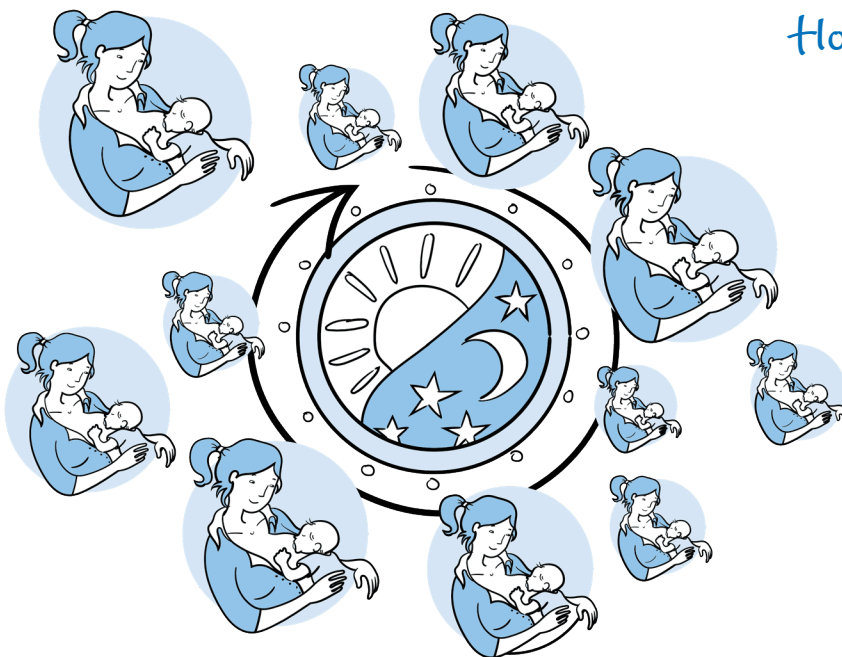


If your baby suckles from a bottle or pacifier, she will drink less from the breast, and less milk will be produced. Avoid artificial nipples, particularly in the early weeks.



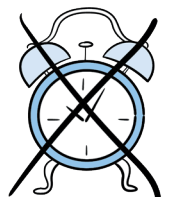
## When do I breastfeed?

Your baby will show you. He will make mouth movements, start rooting towards your chest and get fussy. You can breastfeed him right away. Crying is a very late feeding cue. If you respect his early feeding cues, he will gain trust and be more secure. You can also breastfeed your child if your breast is feeling full and uncomfortable, even if he is not showing any feeding cues.



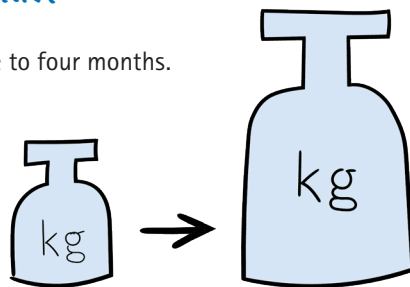
## How often do I breastfeed?

Nurse your baby often, on cue, day and night. Your baby has a small stomach, and your milk is digested quickly, which means that she will want frequent feeds. She can drink from one side, from both sides or even switch breasts several times during a feed, just as it suits both of you. You don't need to observe any minimum intervals or keep to a schedule.

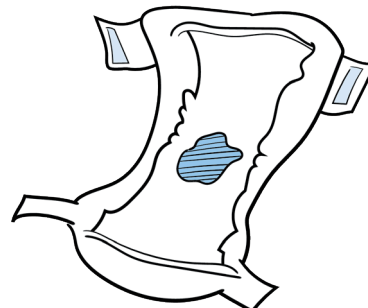


## Is my baby drinking enough milk?

Your baby should double his birth weight after three to four months.



Keep an eye on his nappies: in the early weeks, from the third or fourth day on, your baby should have at least three stools per day and at least five to six wet nappies. An older breastfed baby may go without stools for longer – he may have several stools per day, or one every fourteen (or more) days.



## Do I have to watch what I eat?

You can eat what you want. Drink whenever you're thirsty.

You don't need any particular foods or drinks.





## How do we spend the night?

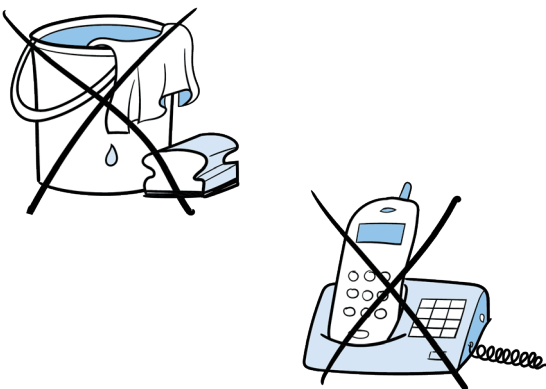
Most babies drink several times during the night. Find a sleeping solution that suits your family. If your baby sleeps with you, observe the following safety tips:

- Your sleeping environment is smoke-free.
- The room temperature is not too high, so that baby does not overheat.
- The mattress is firm, the sides of the bed are protected, there are no unnecessary pillows, and no cords or strings.
- Your baby is not premature.
- You breastfeed your baby on cue, day and night.
- Your baby is lying on her back, next to the mother.
- The parents don't consume alcohol or medications that cause drowsiness.

## Help! I can't get anything done!

Looking after a baby is a 24-hour job. You're already doing a lot. Lots of rest in the first few weeks after giving birth can help breastfeeding get off to a good start.

Feel free to accept help and let other people cook for you and spoil you. If necessary, switch off your phone, cancel appointments, leave housework undone and limit visits for the time being.



## Getting there slowly

Your partner, your family or good friends can support you when you breastfeed your baby. Uncertainty and exhaustion will go hand in hand with joy and happiness.

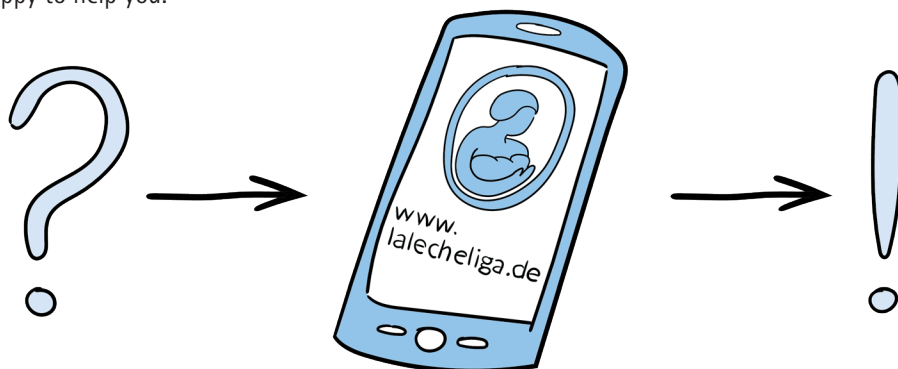
Surround yourself with people who encourage you and let you find your own way.

Parents are the best experts for their own baby.



## Not sure, questions or problems?

Your La Leche League Leader is only a mouse click or phone call away. She will be happy to help you.



La Leche Liga Deutschland is a part of La Leche League International, incorporated in the USA.

La Leche League provides information on breastfeeding and mothering. Our Leaders take time for you and help you to find solutions for breastfeeding problems. Even if you don't have a breastfeeding problem, you can get new ideas and share your experiences.

The nearest La Leche League Leader is only a phone call or a mouse click away. A La Leche League Leader is also a mother who has personal breastfeeding experience.

She understands your questions and can offer you specialist support because of her LLL training.

In a La Leche League breastfeeding group, you can meet other breastfeeding parents and their babies and exchange ideas and information in a relaxed and informal atmosphere.

You can find La Leche League Leaders at [www.lalecheliga.de](http://www.lalecheliga.de) or [www.llli.org](http://www.llli.org)