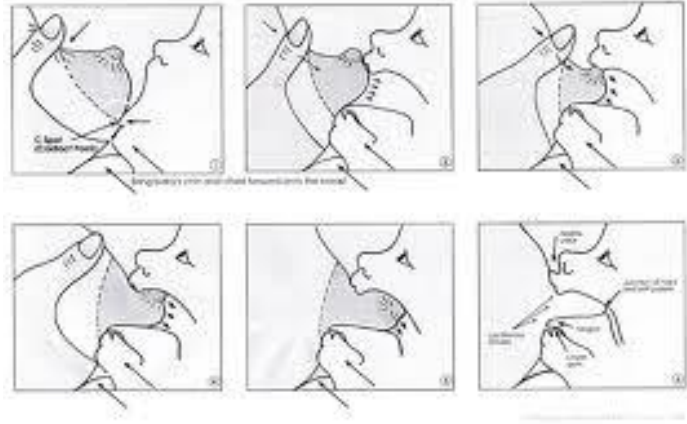
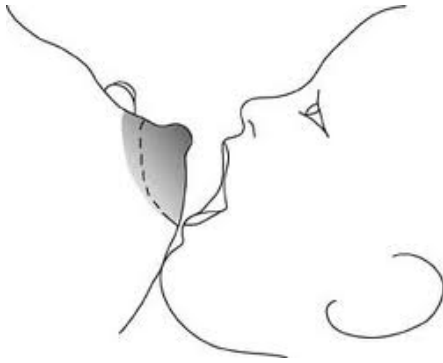


Handout Breastfeeding Information

ATTACHMENT - The Key to Successful Breastfeeding.



KEEP IN MIND...

Keep in mind, if you want to combine breastfeeding and bottle feeding (with expressed milk or formula)...



Introduce the bottle starting at 4-6 weeks and continue to do this to keep practice in, every 2-3 days!

How to support your talents? *the first moments together*

- The golden hour 
- Skin to skin
- Start breastfeeding < 1 hour reflexes ↑ 30-50 minutes after birth
- A good latch, do it together 



The first weeks

- Lots of skin to skin 
- 8 to 12 x feedings 20-10' p/breast
- Feeding on demand, to every 2-3 hours
- Massage/handexpression directly after each feedings, 3 days, 5x / day
- TLC 



Investing is worth it:



Pain and discomfort?



Check latch – make a change / Kokos-oil (antifungus-supporting healing) or lanoline e.d. (fat) /expressing milk / support ...



Skin damage?



Check latch-tongue-liptie? ...

Let it heal! / Cocos-oil / Hydrogel-pad (like 'Rite Aid') /



Low milkproduction?



Hand)expression / Check latch-tongue-liptie? / Fenugriek e.d. / Domperidon (not without support) ...

Skin to skin / Feeding on demand / Massage /



Inflammation / mastitis?



TLC ! / 'empty' your breast(s) / warmth before, cool down after / Phytolacca D6 – High dose vitamin C / Ibuprofen (if pain relief is needed) / no improvement?? <24 hrs: SUPPORT!

TLC ! / 'empty' your breast(s) / warmth before, cool

'discomfort' or pain?
Make a change!




Do you experience discomfort when you have your baby at your breast? Support your breast underneath with finger or whole hand to try if it makes any difference.

What if it doesn't work (yet)

- Different reasons
- Solution to all: skin to skin, oxytocin, baby-tempo, bounding, support
- Extra feeding needed? (Donated) breastmilk or formula? teaspoon/ syringe / sonde
- [\(Hand\)expression](#)
- Nipple shields?
- Manage expectations: "what to expect from the first 40 days?"



Or call for support!

Lactation consultant

Marieke van Luin

06-1541 7909

Expressing breastfeeding

Expressing milk



- Prenatal and postnatal possibilities
- Buy or rental?
- Useful or necessary?
- Legal rights as employee
- Don't forget your hands/skin/warmth / oxytocin☺
- Hands on pumping (>08.20 min)
<http://newborns.stanford.edu/Breastfeeding/MaxProduction.html>
- Quality pump / right size shield
- Look for an answer
- Boobs in Business? Workshops



Tips and tricks

Hold on to breastmilk: freeze it

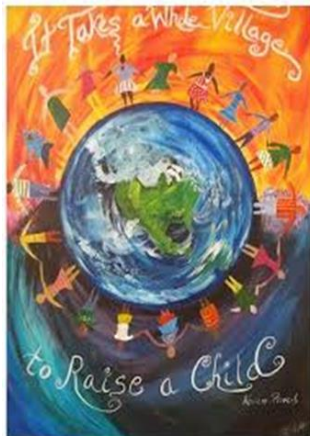
- Quality freezer up to 3 months to 1 year! 
- Morning or full breast e.g.
- Ice-cube tray:

Normal cleaning before 1st use
1x cleaning with boiled water
Cover with freezer-plastic





Links of interest



- Support needed? *Call me* or search professional lactation consultants IBCLC. [Resources Amsterdam](#)
- 'Well trained' volunteers and information : [La Leche League LLL](#) (in all languages information available)
- breastfeeding materials: www.prolacta.nl – www.babyenborst.nl – www.aidulac.nl – www.deboezemvriend.nl

Youtube and other informational 'links'

- 'A good latch NZ' <https://www.youtube.com/watch?v=mK7-ftkOjJk>
- Laid Back Breastfeeding www.nancymohrbacher.com
- Stanford University about Maximizing Milk production / 'hands on' pumping
- www.borstvoeding.com (Dutch information) / www.breastfeeding.asn.au (English)
- "Hands on pumping "
<http://newborns.stanford.edu/Breastfeeding/MaxProduction.html>
- Hand-expression: <http://newborns.stanford.edu/Breastfeeding/HandExpression.html>
- Tips after C-Section: <https://kellymom.com/ages/newborn/newborn-concerns/c-section/>