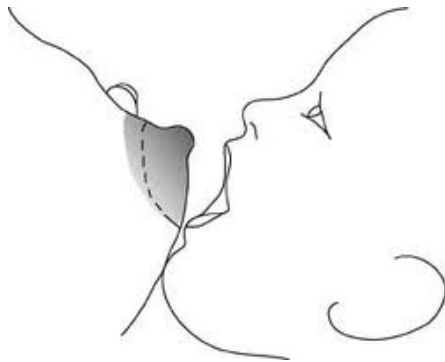
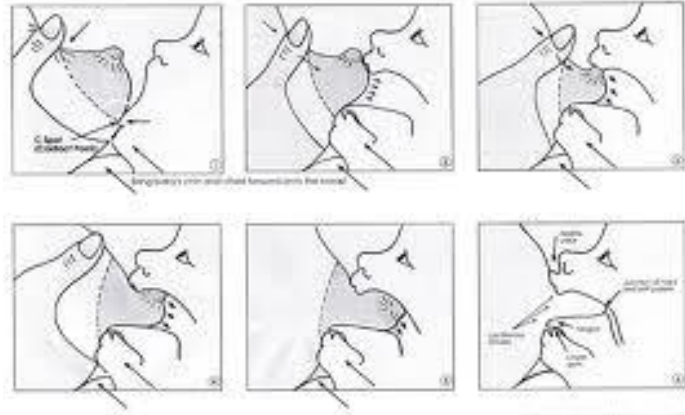


Handout Breastfeeding Information



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!

Troubleshooting



Pain and discomfort?



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



Skin damage?



latch-tongue-liptie? ...

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



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!

after / Phytolacca D6 – High dose vitamin C / Ibuprofen (if pain relief is needed) / no improvement?? <24 hrs:

Notes

HOW TO SUPPORT YOUR TALENTS?
THE FIRST HOUR(S) TOGETHER

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






HOW TO MAKE A GOOD START?
THE FIRST DAYS-WEEKS

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





SAFE YOUR BREASTMILK (LLL) STORAGE

- Milkbank - morning breasts
- 8 hrs room temperature
- 8 days in fridge
- 3 mnths – 1 year!
- Antibodies always there





1x cleaning with boiled water
Normal cleaning soap/water
Cover with freezer-plastic-bag



Links of interest

- Breastfeeding support needed? <http://mamma-minds.nl/contact-english/>
- 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
- www.adaptingtolove.com baby carry specialist Zyanya
- @BeYourBestSelf_marasmg Expat Mum Coach

Youtube and other informational ‘links’

- ‘A good latch NZ’ <https://www.youtube.com/watch?v=mK7-ftkOjJk>
- Laid Back Breastfeeding www.nancymohrbacher.com
- 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/>