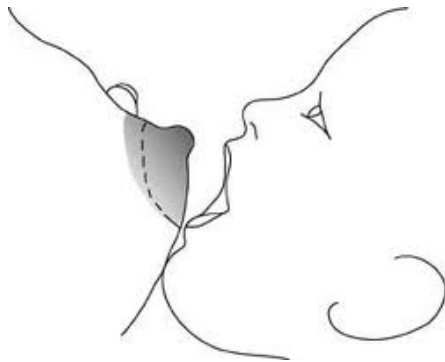
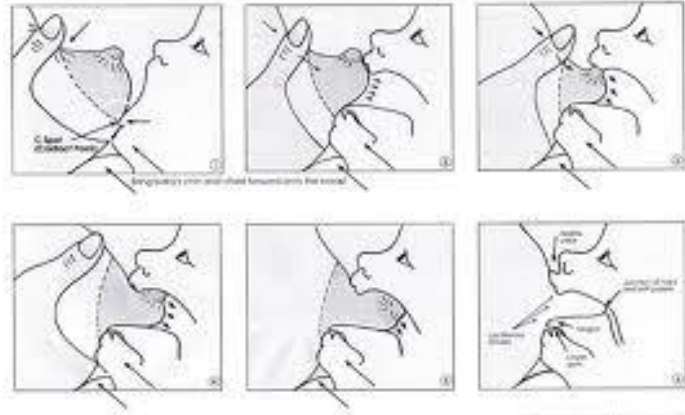


# Handout Breastfeeding Information



ATTACHMENT - The Key to Successful Breastfeeding.



## REMINDER...

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 /



**Inflamation / 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!

## Notes

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### 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










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**SAFE YOUR BREASTMILK**  
(INFORMATION: LA LECHE LEAGUE)  
STORAGE

- Milkbank - morning breasts
- 4-8 hrs room temperature
- 4-8 days in fridge
- 3 mnths – 1 year in the (deep)freezer
- Antibodies always there

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



TIP

## Links of interest

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- 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](http://www.prolacta.nl) – [www.babyenborst.nl](http://www.babyenborst.nl) — [www.deboezemvriend.nl](http://www.deboezemvriend.nl)
- [www.adaptingtolove.com](http://www.adaptingtolove.com) baby carry specialist Zyanya
- @BeYourBestSelf\_marasmg Expat Mum Coach

### Youtube and other informational 'links'

- My favorite videos at [www.mamma-minds.nl/videos/](http://www.mamma-minds.nl/videos/)
- Laid Back Breastfeeding [www.nancymohrbacher.com](http://www.nancymohrbacher.com)
- Information breastfeeding [www.borstvoeding.com](http://www.borstvoeding.com) (Dutch information) / [La Leche League](#) (international) / [www.breastfeeding.asn.au](http://www.breastfeeding.asn.au) (English)
- "Hands on pumping " ; how to have the best results with pumping <http://newborns.stanford.edu/Breastfeeding/MaxProduction.html>
- Hand-expression: how to use your hands to express without machines <http://newborns.stanford.edu/Breastfeeding/HandExpression.html>
- Tips after C-Section: <https://kellymom.com/ages/newborn/newborn-concerns/c-section/>