



جامعة الإمام عبد الرحمن بن فيصل
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King Fahad Hospital The University

Breastfeeding



When should I start breastfeeding?

Start breastfeeding your baby from the first day after birth, it is better to start at the first hour



after birth as the first drops from the breast milk (colostrum) are rich in proteins and antibiotics. The milk could begin appearing between the third and fifth day after birth. The breast milk might be little in the beginning but the early breastfeeding helps speed up the milk flow forming process, it also helps in contracting the mother's uterus, and preventing postpartum bleeding.

How many times should I breastfeed my baby daily?

The number of breastfeeds varies from baby to others depending on the baby needs, **avoid breastfeeding according to a fixed schedule** as it may cause frustration to the baby and may reduce your milk supply.



How long does it take to breastfeed my baby every time?

Allow your baby to breastfeed as long as he wants. In the beginning, the breastfeeding duration may be short but it will increase as the child grows.



Note:

Avoid setting a fixed time in minutes for each feed and avoid pulling your breast before the baby feels full.

When should I stop breastfeeding?

your breast milk is enough for your baby's need up to 6 months without any additional foods or drinks including water. After 6 months begin feeding your baby while still breastfeeding until the baby reaches in 2 years old or more.



Does the baby breastfeed at night?

Yes, especially in first weeks after birth.



How do I know if my baby is getting enough milk from breastfeeding?

Most mothers produce enough milk for their babies but you can make sure through following up the baby's weight and ensuring that your baby is growing up normally.



How can I place my baby in the right position on the breast?

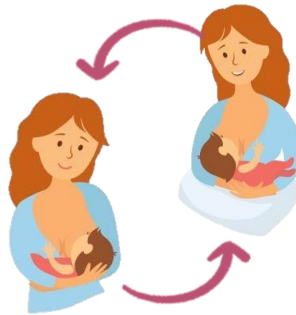
You have to sit comfortably, or you can breastfeed your baby while lying on one side with your baby next to you, or you can lean on a pillow. When the breast touches the baby's cheek, the baby turns and opens his/her mouth automatically.



The dark area of the nipple should be inside the baby's mouth, the chin close to your breast and pressing the breast up.



It is better to breastfeed your baby from one breast until it completely discharges the milk supply, then give the other breast, because the milk you produce at the beginning of breastfeeding differ from the milk at the end, so it is better for the baby to get all two types of milk.



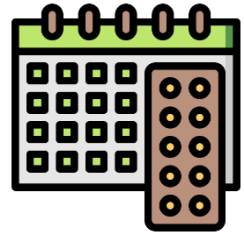
Do I stop breastfeeding while pregnant?

No, the quantity of milk might be less, but still it is the best option for filling your baby needs.



Can I take contraception pills or birth control pills while breastfeeding?

Contraception or birth control pills could reduce the flow of breast milk, so it is better to use other methods for contraception.



How can I breastfeed my baby if I am a working mother?

If you will be absent for a short time and you can't take your baby to the workplace, it is better to breastfeed him/her before you leave the house directly, but if you will be absent for a long time be sure to pump your breast several times in a bowl so that your baby's caregiver can feed him/her with a spoon or a cup. It's also preferable to breastfeed the baby for a long period through the night especially if you leave for a long time during the day.



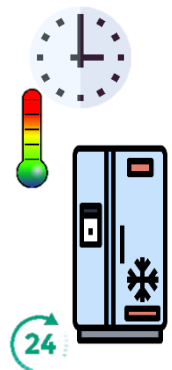
How can I pump the breast?

You can squeeze the breast or you can use modern devices.



What is the correct way to preserve the milk?

You can preserve the milk in a clean and closed container for 6 hours outside the fridge without heating it taking into account the room temperature which should be 25 degrees Celsius or less and it is preferable to preserve it inside the fridge for 24 hours and reheating it.



Sources and References:

All pictures used from Flaticon.com

Review and audit:

The content of this booklet has been reviewed by Obstetrics and
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Health Awareness Unit

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