



# Best for Babies

Breast milk is the perfect food for babies. Breastfeeding is a special time for mother and baby. Like any other childrearing skill, each breastfeeding mother and baby will learn what works best for them.

## *Health Canada recommendations:*

- ✿ It is recommended to exclusively breastfeed your baby until six months of age. Breast milk provides vitamins, minerals, nutrients and fluids. No other food or fluid is needed until six months of age.
- ✿ From six months to two years of age, breastfeeding should be continued, along with the introduction of complementary foods.
- ✿ In Canada, all breastfed babies should be given a vitamin D supplement. A baby needs 10ug (400 IU) of vitamin D every day until other food sources such as cows milk, infant formula, egg yolk, fortified margarine or fatty fish, are introduced.

## *How often should I nurse my baby?*

- ✿ Babies should be fed whenever they seem hungry. They may feed as often as eight times or more in 24 hours. Night feeds are important too.
- ✿ Babies often have cluster feedings in the evening, when they feed more frequently - sometimes hourly.
- ✿ Babies grow quickly and have times when they are hungrier and need more frequent nursing. Growth spurts commonly occur at 3 and 6 weeks and 3 and 6 months, but may vary. At these times, breastfeed more often. Do not give solid foods until six months of age.

## *How long should a feeding last?*

- ✿ It is important that your baby feed long enough on the first breast to get the hind milk, which is the higher calorie milk produced at the end of a feeding. Hind milk helps the baby gain weight and be content between feedings.
- ✿ It is beneficial to offer both breasts at each feed for the first few days to stimulate milk supply. As time goes on, your baby may be satisfied after feeding on one breast.
- ✿ Your breasts are never empty of milk. As baby nurses, more milk is produced.

## *How will I know if my baby is getting enough? 1*

- ✿ Babies need to nurse frequently, since breast milk is digested quickly.
- ✿ In the first few months, a well-fed baby usually:
  - has 1 to 2 large or several small stools per day.
  - after the first few days, has 6 to 8 wet diapers daily. This is easier to notice in cloth diapers. Disposable diapers will feel heavier when wet.
  - nurses at least 8 times in 24 hours.

# Breastfeeding

Breastfeeding should not be painful. Several positions help baby get a proper latch onto the breast.

## Proper Positioning & Latch

### Cross-cradle Hold

- Sit comfortably with your back supported and feet raised to bring knees up, or use a pillow to bring the baby up to the level of your breast.



- Position your baby so that his whole body is turned to face your breast (tummy to tummy).

### Football Hold

- Place pillows at your side and across your lap.



- Position baby's bottom against the back of the chair, level with your elbow. Flex the baby's legs up behind your back against the back of the chair.

### Cradle Hold



- Sit upright and put a pillow on your lap to raise baby to breast level. Turn the baby completely towards you so the tummy is touching you.
- Tuck baby's lower arm around your breast to keep it out of the way.
- Support the baby's head and body with your elbow, arm and hand.
- This position is used when breastfeeding is well established.

## Getting Baby on the Breast: The Latch

- Gently support your breast with your hand, thumb on top, fingers under breast and keep fingers well behind the areola. Tickle baby's bottom lip with the nipple to encourage baby to open her mouth wide, then pull baby in close.
- Make sure baby opens her mouth as wide as a yawn and takes a large mouthful of breast.
- When the baby is latched-on, your nipple and breast should be comfortable and:
  - your baby's lips will be rolled outward
  - your baby's whole jaw will move up and down
  - the only sound you should hear is the baby swallowing (a quiet "ca" sound) 1

## Get help if:

- your nipples are sore
- you have fever, chills, flu symptoms, or a red, painful sore area on your breast

## Questions?

Call a Public Health Nurse at Health Link 1  
519-482-3416 or 1  
1-877-837-6143 1  
Monday to Friday: noon to 4:00 p.m. 1

# Expression and Storage of Breastmilk

## Expression

### Tips

- express milk in a familiar and comfortable setting
- give yourself plenty of time
- have a drink and snack available

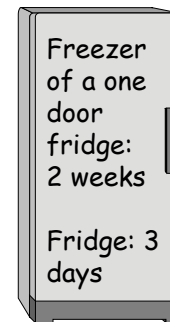
How do I stimulate milk flow?

- have a warm shower
- apply warm wet compresses to the breasts
- gently massage breasts and nipples
- think about the baby

## Storage of Breast Milk

How long can I keep freshly expressed breast milk?

- at room temperature up to a maximum of four to six hours
- in a refrigerator up to two days is safest. If needed, fresh breastmilk could be stored at 54°C up to eight days
- in the freezer compartment of a one door fridge for two weeks
- in a separate door refrigerator freezer for three to six months
- in a deep freezer for up to six to twelve months



*Tip:* Do NOT re-freeze breast milk 1



Glass is the best choice for storing breast milk. If you choose to store breastmilk in disposable bottle liners, keep the following in mind:

- place the bag of milk inside another empty bag to avoid tearing
- squeeze out the air at the top
- place sealed bag upright in a container with a lid (small box or ice cream container) 1

## Thawing Breast Milk

- hold frozen milk under cool running water and gradually add warmer water
- shake gently until milk is thawed and thoroughly mixed. Use immediately

### Tips:

- chill freshly expressed breast milk before freezing, then it may be added to previously frozen breast milk 1
- store breast milk in small convenient amounts (leftovers will have to be discarded)
- microwaving breast milk is not recommended

# Breastfeeding and Diet

It is important to look at guidelines for herbal teas, caffeine intake, and fish consumption as outlined below.

## Herbal Teas

The composition and safety of herbal teas is often unknown. Herbal teas may have side effects such as nausea, vomiting, and convulsions for the mother. Herbs can affect a baby because they are passed into the mother's breast milk. For this reason, it is important to choose only those teas that are considered safe.

*Herbal teas considered SAFE for use during breastfeeding:*

*Peppermint* - used to treat indigestion, flatulence (gas) and colic

*Rose hip* - high in vitamin C, also a mild laxative

*Citrus peel*

*Lemon balm*

*Orange peel*

*Ginger* - calms stomach and relieves nausea and vomiting

*Linden flower* - not recommended for person with pre-existing cardiac conditions

## Recommendations for taking herbal tea

Major brands of herbal teas or teas that contain herbs only for essence and do not contain heavy doses of unusual herbs are generally safe during breastfeeding. "Private" brands of herbal teas or teas brewed from individual herbs are discouraged.

- Moderation is the key. Limit consumption to two - 8 ounce cups of weak tea per day.
- Herbal teas should not be taken to replace nutritious beverages, especially milk.
- Herbal teas should not be given to babies since there is a lack of clinical research findings to determine the safety of their use in this population.
- Limit consumption of caffeine. Be aware that some flavoured teas are regular teas with added flavour, and as a result, contain caffeine. Select an alternative such as plain water, hot lemon, hot milk, and hot apple juice.

## Reactions and interactions of herbal products

Natural herbs do not always mean 'safe'. Risks include allergic skin rashes or breathing problems, liver or kidney damage, anemia, diarrhea, stomach and bowel upset for mom and baby. Herbal remedies can also interact with medicines and medical procedures.

ALWAYS talk to your health care provider before using a herbal product (including teas and nutritional supplements) when you are pregnant or breastfeeding if it is not listed under "Herbal teas considered SAFE for use during breastfeeding."

## Caffeine

Health Canada recommends that women who are breastfeeding should not consume more than 300 mg caffeine per day.

*Tip: Check the volume that you drink and compare it to the serving size*

<u>Product</u>	<u>Serving Size</u>	<u>Caffeine</u>
Filter drip coffee	250 ml (1 cup)	95-300 mg
Instant coffee	250 ml (1 cup)	27-173 mg
Black tea	250 ml (1 cup)	40-120 mg
Green tea	250 ml (1 cup)	15-60 mg
Cola drink	375 ml (1.5 cup)	20-80 mg
Diet cola	375 ml (1.5 cup)	20-80 mg
	Note: one can is actually 355 ml	
Cold cappuccino beverage	250 ml (1 cup)	70 mg
Cold mocha coffee beverage	250 ml (1 cup)	56 mg

## Fish

Women who are breastfeeding are advised to:

- Have at least 150 grams (5 ounces) of cooked fish each week (about the size of 2 decks of cards);
- Choose salmon, trout, herring, haddock, canned light flaked tuna (such as skipjack), pollock, sole, flounder, anchovy, char, hake, mullet, smelt, Atlantic mackerel and lakewhite fish;
- Limit fresh/frozen tuna, shark, swordfish, escolar, marlin and orange roughy to no more than 150 grams (5 ounces) per month and canned albacore tuna to no more than 300 grams (10 ounces) per week.