

Breastfeeding Best for Baby, Best for You



fernandez

Built for Birthing

Breastfeeding your baby

Any newborn baby needs food, warmth, love and security. Breastfeeding gives babies the best start for a healthy life and has benefits for the health and well-being of mothers and babies. Its beneficial effects are seen not only in infancy, but also throughout the life.

Breast milk is the safest and healthiest food for your baby. It's easily digested and provides all the nutrition your baby needs for the first six months. Human milk contains all the right ingredients—protein, carbohydrates, fats, vitamins, minerals, and water—in just the right balance.

How breastfeeding helps the mother

- Breastfeeding encourages the womb to contract and return to its usual size more quickly. This reduces any risk of heavy bleeding after delivery
- Breastfeeding is a energy burning process as additional calories are required for production and secretion of milk. Hence, whatever additional pounds gained during pregnancy can be lost easily
- Several studies suggest that women who have breastfed their babies may have a decreased risk of breast cancer, postpartum depression, osteoporosis and hip fractures, later in life
- Breastfeeding is a wonderful way of bonding with your baby. It helps mothers to destress and calm themselves due to the hormones released as a result of lactation. It is a time that is exclusively for you and your newborn
- Breastfeeding also has economic benefits for the whole family and society. It is available wherever and whenever your baby needs it. It is always at the right temperature, clean and free. No bottles to clean, preparation time and personnel required. Breastfeeding has no waste, so it is good for the environment

Benefits for your baby

Breast milk coats your baby's digestive system. It is light and easily absorbed, so your baby is less likely to suffer from wind, colic, constipation, and diarrhoea.

Breast milk contains antibodies which help fight infection such as pneumonia, cough, diarrhoea, ear and urinary infections. It protects against allergies, eczema, asthma, obesity, diabetes and cancer in adulthood.

Possibly, because breastfeeding requires more exercise of jaw muscles, breastfed babies tend to have better dental development. Studies have shown that breastfed babies have higher IQ, are smarter, more secure and content and grow up to be confident individuals.

Exclusive breastfeeding (no other food than breast milk, not even water.) is recommended until babies are around six months of age, with the introduction of appropriate complementary feeding (foods and drinks other than breast milk) at this age, in addition to continued breastfeeding upto 24 months.

How should the mother hold the child while breastfeeding?

First, the mother should take a comfortable position for herself and hold the baby in a proper position, as described below, to facilitate good attachment (Latching).

MOTHER'S POSITION

- Sitting comfortably with good back support
- Holding breast in big 'C' grip of hand
- Touching nipple to upper lip by bringing nipple in front of nose and giving mouthful of breast as soon as the baby opens the mouth widely
- Interacting with baby while feeding

BABY'S POSITION

1. Turned towards the mother.
2. Good skin-to-skin contact
(As close to the mother as possible).
3. Head and body in one line.
4. Neck, back and buttocks well-supported.

Incorrect Attachment



BABY'S ATTACHMENT

1. Maximum possible areola in baby's mouth
(Lower portion more).
2. Mouth wide open
3. Lower lip turned outward.
4. Chin touching the breast.

Incorrect Attachment



How to breastfeed

Breastfeeding may be a natural thing, but that doesn't mean it comes naturally. So try not to worry if it feels a bit awkward at first.

Breastfeeding is a skill that you and your baby learn together, and it can take time for both of you to get used to it. We must always remember that all mothers can breastfeed, with the right guidance and support.

Get into a comfortable position. Prop yourself up with pillows behind your back and under your arms. Cradle your baby in your arms such that the mouth is directly in front of your breast. Your newborn has a powerful instinct to seek out your breast. Don't worry that your baby might suffocate. Mother Nature has taken care of that. A baby's nostrils are broad and flared at the sides so breathing is possible even when the baby is sucking. Make a determined effort to breastfeed your baby. In a few days you will enjoy the unique bonding with your baby that only breastfeeding can bring.

There is only one magic formula for success in breastfeeding – never give up. Feed your baby on demand. A baby who is exclusively breastfed does not require anything else – not even water. So do NOT resort to bottle feeds, because you feel that you don't have enough milk. Every mother has enough milk. It only needs patience and perseverance.

Fernandez Hospital promotes breastfeeding as the healthiest way a woman can feed her baby. We recognise the unique health gains that exist and encourage all women to make an informed choice in infant feeding.

Fernandez Hospital has classes conducted by certified counsellors. Learn about what nature has provided for your baby. Mothers will be educated on practical aspects related to breastfeeding. Below are the topics and schedule.

- The importance of breastfeeding
- Different breastfeeding positions
- Breast related problems and solutions
- Expression and storage of breast milk
- Working mothers and breastfeeding
- Discussion of the mother's concerns

Schedule of breastfeeding awareness classes

LOCATION	DAY & TIME	CONTACT
Fernandez Hospital, Bogulkunta	Every Wednesday 12.00 pm to 1.00 pm	80085 70465
Fernandez Hospital, Hyderguda	2 nd & 4 th Saturday 3.00 pm to 4.00 pm	80089 02041
Fernandez Stork Home, Banjara Hills	Every 3 rd Wednesday & 3 rd Saturday 11.30 am to 12.30 pm	73373 20895
	Every Sunday 11.00 am to 12.00 pm	



Fernandez Hospital
HUMAN MILK
BANK

Donate breast milk to save sick neonates



Hospital policy on breastfeeding and donor milk

- To promote breastfeeding for all healthy term neonates.
- To promote Expressed Breast Milk (EBM) for preterm and sick neonates in the NICU. If EBM is not available or is inadequate, then to use human donor milk from the Milk Bank as a substitute.

Nature desires that every baby should have breast milk. Human milk is species-specific and provides unique benefits. The unique composition of human milk includes nutrients, enzymes, growth factors, hormones, immunological and anti-inflammatory properties, that cannot be duplicated in any other milk. Human milk provides optimal nutrition, promotes normal growth, and reduces the risk of illness/disease.

Babies fed on breast milk have lesser allergies/asthma and higher IQs compared with those on formula. Human milk is the standard food for infants and young children

including premature and sick newborns. In situations where a mother's own milk is not available, provision of pasteurized, screened donor milk is the next best option, particularly for ill, or high-risk infants.

Premature babies fed on human milk have lesser gut infections (Diarrhoea, Necrotizing Enterocolitis), lesser sepsis and better feed tolerance. These babies require lesser days on intravenous fluids and hence are discharged earlier from the NICU.

- Less pain due to breast engorgement
- Increased milk output for their own baby as more the expression, more is the production
- Satisfaction of helping sick and premature babies for their survival and early discharge from hospital. It is a service to humanity

The myth that donor milk causes unknown infections is not true, as the process of pasteurization destroys the deadliest viruses, such as HIV.

A Human Milk Bank is a service established in our hospital for the purpose of collecting, screening, processing by pasteurization, and distributing the donated human milk to meet the specific medical needs of newborns, for which it is prescribed.

This receives milk from lactating mothers who are carefully screened for health behaviours and communicable diseases, similar to the way Blood Banks screen donors. After mothers feed their own babies, they express the extra milk into special containers. This milk is then pasteurized, screened for infections, and stored in a deep freezer. When the need arises, the frozen milk is thawed and fed to a newborn.

NOTES



Donate breast milk and save a sick baby



Screened
Donor Mother



Thawing done at room temperature and fed to the baby through cup or pallada

Expressed
Breast Milk



Bacterial culture report negative, then transfer containers to second freezer (-20°C)

Storage in sterile steel containers and pooling in fridge at 4-8°C



Kept in freezer first at -20°C till culture report

Pasteurisation in Shaker Water Bath by Pretoria Holder Method at 63°C for 30 min



Milk sample collected for bacterial cultures

For more details, call 040-40632411 or 8374004848, our Lactation counselors will guide you on screening and donation procedures.