

## Breastfeeding is Best

### Recommendations for Successful Natural Breastfeeding:

1. Before delivery, it is requested that the mother giving birth asks her doctor to place her



baby directly after the delivery on her chest, which is known as the “skin to skin contact” for a period of one hour minimum with the presence of a blanket for warmth in order to enable the baby to start breastfeeding.

2. The mother should be aware that breastfeeding during the 1<sup>st</sup> hour of the birth of the child will speed up the flow and the quantity of her milk, in addition to strengthening the emotional bond between the mother and the child through the skin to skin contact.

3. It is important to make sure that the child is placed in the right position to prevent the dryness and cracking of the tits.



4. No schedule should be followed up for breastfeeding, instead milk should be provided to the infant day and night whenever needed.

## Myths V.S Facts



False Beliefs	Facts
<p>The amount of the thick/sticky nutrient rich milk is not enough and does not satisfy the child's hunger</p>	<p>The thick/ sticky nutrient rich milk also known as the mother's first type of milk is sufficient for the child's stomach size which does not go beyond 20 ml in the first few days. This type of milk is considered as a child's first vaccine due to the high amount of antibodies fighting against microbes.</p>
<p>Breastfeeding hurts at the beginning</p>	<p>Natural Breastfeeding does not cause any pain if the child is placed in the right position when in contact with the breast. The mother should make sure that her child's body is in direct contact with her own body and that the infant's mouth is opened for a good flow of milk through the tits with his lower lip facing downwards.</p>
<p>My milk is not enough</p>	<p>Natural Breastfeeding is subject to the law of demand and supply with no time limits (like breastfeeding for a duration of 10 min only or for every 2 or 3 hrs.); therefore, it is recommended to breastfeed the child 8 to 12 times per day. Make sure that the child empties the milk content of the first breast before moving to the second and don't be afraid of the dependence of the milk content on the size or form of the breasts.</p>
<p>Giving the baby a bottle of baby formula aids him/her to sleep during the night</p>	<p>Studies comparing the sleeping patterns of a breastfed child to a child taking baby formula have proven that there is no discrepancy concerning hours slept. However, what is most important and utterly dangerous is that a child's stomach is not ready to digest the components of the baby formula, which in turn will lead to nausea, acidic reflux, and eventually vomiting.</p>
<p>The mother's milk becomes similar to water once the child trespasses the age of 6 months</p>	<p>A change occurs in the content of the mother's milk with the child's aging to fit with his/her nutritional needs, and thus continues in providing the child with a wide range of nutritious substances and antibodies through the act of breastfeeding.</p>

## Advantages of Natural Breastfeeding:

1. Protects the infant from communicable diseases resulting in diarrhea, respiratory diseases, and middle ear infections
2. Strengthens the immune system acquired through the vaccines (polio, tetanus, meningitis)
3. Decreases the risk of leukemia



4. Enhances the development of the brain and the level of intelligence
5. Prevents dangers resulting from non-communicable diseases such as gaining weight and obesity during childhood
6. Decreases the risk of asthma and allergies

## Disadvantages of Using Baby Formula

1. Increases the risk of leukemia
2. Exposes infants to microbiological agents as baby formulas are not sterile



3. Increases infant mortality rates and sudden deaths among children

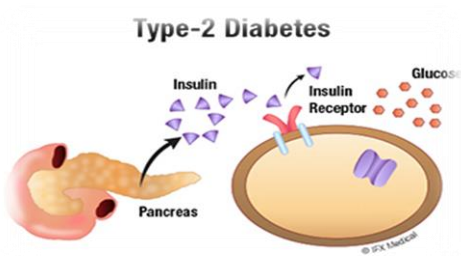


4. Elevates the risk of asthma, allergies, and Type I AND II diabetes

5. Increases expenses by 25% of the monthly salary due to the high prices of baby formulas



## Effects of Breastfeeding on the Nursing Mother



1. Decreases the risk of Type II Diabetes

2. Decreases the risk of Osteoporosis

3. Decreases the risk of depression following the delivery of the child (Baby Blues)

4. Decreases the risk of Breast cancer, Uterine cancer, and Ovarian Cancer



5. Facilitates the process of losing weight gained during pregnancy

