

# BREASTFEEDING & CHESTFEEDING ABC'S

Breastfeeding is natural but it isn't always easy. The early days are a time of learning for both you and your baby. Understanding how to get off to a good start, and where to find help if problems arise will set you up for success.



## INTRODUCTION

Learn about the importance of breast / chest feeding and the risks of feeding formula.



### WHY BREASTFEED?



### YOUR MILK IS AMAZING!

The World Health Organization and Canadian Pediatric Society recommend exclusive breast/chest feeding for 6 months, then continued along with healthy family foods to 2 years or longer.

## SKIN-TO-SKIN

Did you know Skin-to-skin contact right after birth and in the early days and weeks helps baby latch on well, keeps baby warm and strengthens a baby's immune system?

### WHY DO SKIN-TO-SKIN?



### SKIN-TO-SKIN SAFETY



### IMPORTANCE OF STAYING TOGETHER



### EARLY INITIATION



## HOW TO KNOW IF YOUR BABY IS HUNGRY

There are lots of ways to be reassured that your baby is getting enough to eat.



### YOUR BABY'S FEEDING CUE'S



### HOW TO KNOW YOUR BABY IS GETTING ENOUGH



### BABY'S SECOND NIGHT



### WHY DOES MY BABY CRY?

## POSITIONING & LATCHING

There is no one right way to latch your baby, but there are some tips that will help you and your baby be most comfortable.

### IT'S ALL ABOUT THE LATCH



### FIND A COMFORTABLE POSITION



### HELPFUL HINTS



### ANOTHER GREAT VIDEO



## HAND EXPRESSION

If you are pregnant or lactating, milk expression by hand is a useful technique to learn. It's a handy way to relieve engorgement. You can also use it to stimulate milk production and provide milk for a baby who is not latching well or needs more milk.



### HOW TO DO IT



### HAND EXPRESSION TIPS

## WHEN BABY NEEDS A LITTLE EXTRA

The decision to give your baby expressed milk or formula is an important one. Talk with your nurse, doctor or midwife about making a decision that is right for you and your baby.

### ALL ABOUT SUPPLEMENTING



### SPOON, CUP AND OTHER FEEDING METHODS



## Additional Online Resources

- [Healthy Families BC](#)
- [Baby's Best Chance](#)
- [Indigenous Breastfeeding Info](#)
- [Translated Resources](#)

## 1:1 Support

- [Local Public Health Nurse](#)
- [Find a Lactation Consultant](#)

## Peer Support

- [la leche league](#)
- [pregnancy hub baby cafe](#)
- To find resources and parenting groups in your community please call your local Public Health Unit