

soya flour/atta).

- Have white meat - chicken, fish and egg.
- Have dry fruits like apricot and almonds.
- Have healthy, roasted snacks like roasted chickpeas, peas, peanuts and puffed rice.
- Drink 3-4 litres of water every day to ensure that your body stays hydrated.

#### TIPS FOR WORKING MOTHERS

Many mothers successfully combine work and breastfeeding, with expressed breastmilk. By continuing this practice you can return to work and still:

- Provide the best nutrition for your baby
- Make it possible to continue breastfeeding when you are together
- Keep a special closeness to your baby even when you have to be away
- Avoid the health risks associated with formula feeding
- Are less likely to miss work, because breastfed babies are less sick

Even if you plan to use an electric pump, every mother needs to know the fine art of hand expression.

#### STORAGE OF EXPRESSED BREAST MILK

##### FRESHLY EXPRESSED BREAST MILK:

- Can be kept at room temperature for up to 4hours.
- Can be stored in an insulated cooler with ice packs/ refrigerator for up to24 hours.
- Can be stored in a freezer for up to 3 months.
- Needs to be labeled with date and time for each bottle.

#### HOW TO USE STORED MILK?

Keep breast milk in a warm water bath till it reaches room temperature and use immediately. Do not heat milk directly. Once thawed, the milk should not be kept back in the refrigerator.



PLEASE SCAN FOR  
THE LOCATION



Mankhool, Kuwait Road, Al Mankhool - Dubai

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#### DEPARTMENTS

Accident & Emergency • Anesthesiology • Cardiology • Clinical Nutrition  
Dental Centre • Dermatology • ENT • General Surgery • Insurance  
Internal Medicine • Laboratory Services • Neurosurgery • Ophthalmology  
Obstetrics & Gynaecology • Orthopedics • Patient Affairs



# WHY BREASTFEEDING IS SO SPECIAL



Digital Version



Breastfeeding is the optimal source of nutrition for the newborn baby. Breast milk contains antibodies to protect your baby from infections. Diarrhea, chest infections, ear infections and urinary infections which are all more common in bottle-fed babies.

Research suggests that breastfed babies have better brain development also. Children who were formula fed as babies are at greater risk to develop eczema and diabetes and tend to have higher blood pressure than those who were breastfed.

Breastfeeding is also good for mothers. It helps them lose extra weight gained during pregnancy. It can help to protect them from breast and ovarian cancer and give them stronger bones in later life.

Breast milk is the best food that you can give to your baby. Packed with essential nutrients like proteins, fats, vitamins, minerals, carbohydrates, prebiotics, growth factors, hormones and enzymes. Breast milk also contains disease-fighting antibodies that protect your baby against wide range of illnesses and infections. Breast milk is not just a food for your

baby, but a miracle food that boosts immunity and helps achieve optimal growth and development.

#### EXCLUSIVE BREAST FEEDING

Child experts worldwide advise exclusive breastfeeding on demand during the first six months of baby's life. This means that your baby should be given only breastmilk and no other food or drink (including water) whenever he/she wants it, be it day or night.

Did you know that exclusive breastfeeding is a healthy practice for both the baby and mother? Studies have proven that breastfeeding helps the uterus return to the pre-pregnancy size, burn calories and most importantly, strengthen the emotional bond between you and your baby.

#### WHY IS BREAST MILK THE BEST MILK?

- Optimal nutrition for the baby as it contains all vital nutrients.
- Easy to digest.

- “Customized food” for the baby, as it is specially made for the baby by the mother's body.
- Contains antigens that boost the baby's immunity power.
- A component called secretory immunoglobulin present in colostrum (the first milk produced by the mother's body) helps fight infections and diseases.
- Promotes overall physical and mental development.
- Boosts mental power/ intelligence of the child.
- Protects against early onset of lifestyle diseases like hypertension and diabetes in adulthood.
- Prevents excess, unhealthy weight gain.
- Protects against allergies.
- Reduces the risk of Sudden Infant Death Syndrome (SIDS).
- Studies have revealed that breastfeeding can reduce the risk of certain childhood cancers.

#### ABC OF BREAST FEEDING

**A For Awareness** – watch for signs of hunger and feed whenever your baby is hungry. This is called ‘on demand feeding’.

**B For Be Patient** – don't rush with the feeding, allow your baby to take as much time he or she wants to nurse, This also a great mother-child bonding exercise.

**C For Comfort** – be comfortable and relaxed while breastfeeding. Stress and anxiety can reduce the amount of milk produced.

#### WHAT YOU NEED TO KNOW?

- It is very important to put the baby to your breast within 30 minutes after birth to stimulate milk production.
- Make sure that you feed your baby the first yellowish milk known as colostrum,

which protects your baby from many diseases.

- Breast milk is known as nature's vaccine.
- Breast milk provides all food and water that your baby needs during first 6 months of life.
- Exclusive breastfeeding means giving breast milk only (no other milk, food or liquids, even the sips of water) except the medicines prescribed by doctor.
- Working mothers can also breastfeed exclusively (Please seek advice from your health care provider).

#### HELP BABY ATTACH TO YOUR BREAST

Make sure you begin to breast feed immediately after birth, within the first 30 minutes. Good latching helps to ensure that your baby suckles well, ensures adequate milk secretion and prevents sore and cracked nipples.

#### FOR LATCHING:

- Touch the baby's lip, nose and chin with your nipple
- This helps the baby to open the mouth widely
- Bring baby to your breast

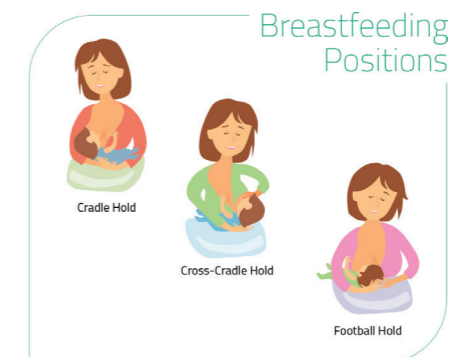


#### LOOK FOR PROPER LATCHING BY:

1. Baby's chin should be touching the breast
2. Mouth should be wide open
3. Lower lip should be turned outwards
4. More areola visible above than below

Remember always to move your baby towards the breast rather than your breast towards the baby.

#### HOLDING POSITIONS:



There's no one correct position for breastfeeding. Any of these positions may work well for you and your baby.

You and your baby should be in a comfortable position.

#### HOW OFTEN SHOULD I BREASTFEED?

- Breastfeed your baby on demand, both day and night, at least 8 to 12 times each day.
- Frequent feeding will help your body to produce adequate breast milk.
- Babies usually have about 6-8 wet diapers in a 24-hour period once breast feeding is established.
- Normally babies regain their birth weight by day 10-12 of life.

#### HOW TO PREVENT COMMON BREASTFEEDING DIFFICULTIES?

- If you develop cracked nipples apply the milk expressed out after the feed. Do not use any types of creams or ointments except when prescribed by a health care provider
- Feed frequently to prevent breast engorgement.
- Let the baby finish feeding from one breast before start feeding from other breast.
- If your breast becomes painful or hot to

touch, see a health care provider.

- Mixed feeding (combining breast milk with anything else) is not healthy for your baby before 6 months of age.

#### THINGS TO REMEMBER

- When baby is 6 months old continue breastfeeding and begin giving other food.
- During breast feeding eat three meals each day plus 2 small extra meals and drink 3 to 4 liters of water.
- No special food is required to produce breast milk.
- Do not stop breast feeding if you have any ordinary illness such as cold, flu, sore throat, mild fever. Discuss with your doctor if not sure.
- If you have trouble practicing exclusive breastfeeding, discuss your situation with a trained counselor

#### Food Recommended

- Consume at least 600ml of toned / double toned milk every day. This includes the milk you have as coffee, tea, curd and buttermilk.
- Eat plenty of whole grains, lentils and pulses. Avoid refined cereals like Maida.
- Eat plenty of green, leafy vegetables
- Fenugreek seeds and leaves
- Fennel seeds (perinjeerakam/ saunf) & cumin seeds (jeera)
- Oatmeal
- Eat more vegetables, especially carrots, beetroot and drumstick.
- Include lots of curry leaves in the food
- Have roots and tubers like potatoes, colocasia, sweet potato and yam.
- Have lots of fruits; eating the fruit as such is better than juice
- Mix cereals and pulses with the chapatti flour (4 parts of cereal + 1 part of the