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## رضاعة طبيعية وأمنة آمنة



## Breastfeeding and Safe motherhood



نشرات تثقيفية للمرضى والعائلات

Breastfeeding Educational Booklet



مستشفى زليخة  
لأن صحتك عالية

دبي: ص.ب. ٤٨٥٧٧، النهدة، إ.ع.م. هاتف: ٢٦٧٨٨٦٦ ٠٤  
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Your Health Matters

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## Antenatal classes

### Zulekha Hospital-Sharjah

Day: 1st and 3rd Monday of every month

Time: 7:30pm-9:30pm

Venue: Conference room

### Zulekha Hospital-Dubai

Day: Every Thursday

Time: 6:30pm-7:30pm

Venue: Conference room

**For further information/ help**

**Contact us: ZHCG**

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## Breastfeeding and Safe Motherhood

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## Introduction to Motherhood

Welcome to parenthood, both an exciting and challenging new chapter of life. You are about to experience every emotion known to woman- unbelievable joy, pride, delight, fulfillment, as well as frustration, anxiety, guilt, anger.... all possibly in the space of a minute.



### Ante-natal Care (ANC) at Zulekha Hospitals

Services and supports are available to ensure a healthy pregnancy state. This will include:

**1. Antenatal appointments & Visits**– regular health appointments with doctor to check the health and the development of mother & baby. ANC visits are to be followed according to Doctors advice which usually involves checks on both maternal and fetal well-being:

Weeks	Frequency
1 -28 weeks	Once a month
28 -32 weeks	Twice a month
After 32 weeks-till the date of delivery	Once a week

**ANC check-up** - your weight will be recorded at each visit. Majority of women gain approximately about 12-15 kg during their pregnancy. Blood pressure will be checked at every visit (average BP should be 120/70mmHg). Breast assessment will be done by your doctor to check for any problems or challenges that you may face with regards to breastfeeding.

**Note:** We offer cost-effective ante-natal and delivery packages in Zulekha Hospitals. Please contact admission cell for more details.

**2. Antenatal screening** – tests that assess whether the unborn baby is at risk of certain chromosomal abnormalities. We offer ultrasound and blood test at different stages from 11th - 20th weeks. Subsequent fetal anomaly scan can be done at 22 weeks. These tests will be offered by your doctor during your visits.

**3. Antenatal investigations** - Routine blood test & urine tests are to be done every visit at your Doctor's discretion.

**Note:** Please consult your obstetrician for any problems or concerns during your appointments or visits.

**4. Antenatal classes** – every pregnancy is a new experience. We at Zulekha Hospitals help mothers to cope up with the changes that happen during pregnancy, labor & postpartum period. Zulekha Hospitals conduct regular free ANC-PNC sessions as classes and workshops. These classes are conducted by trained professionals which include Nurses, Lactation Consultant, Dietitians and Physiotherapist.

### Changes in pregnancy- How to Tackle

Changes/ Problems	How to manage
Nausea & Vomiting (Morning Sickness)	Eat dry crackers before getting up in the morning; take 5-6 meals/day; avoid spicy & fatty foods.
Backache	Rest often, keep good posture; don't stand for too long; wear low heeled shoes
Leg cramps	Flex foot upwards, apply gentle massage, and take calcium supplements as advice by your doctor.
Constipation	Eat fruits & vegetables; do regular walking exercise; drink lots of fluids.
Hemorrhoids	Try to keep regular bowel movements; sit on firm chairs, practice Kegel (pelvic floor muscle) exercise.
Heartburn & indigestion	Avoid spicy & fatty foods; take 5-6 meals/day
Frequent urination	Do not hold urine; drink plenty of fluids; limit fluids during night.; follow urine test
Varicose veins	Walking exercise; use elastic support stocking; wear low heeled-comfortable shoes; raise your legs when at rest.
Increase Heart beat	Reassurance, part of the normal changes; take enough rest and sleep
Breast & Skin changes	Reassurance; breast changes is part of lactation preparation; skin changes gradually returns to normal after delivery.

## Do's & Don'ts of pregnancy

Do's	Dont's
Attend your prenatal check ups regularly	Eat raw uncooked, or undercooked meat & eggs
Take your prenatal vitamins regularly	Drink caffeinated beverages like coffee, tea, colas
While traveling always wear 3 point seatbelt	Do any excessive/vigorous exercises or physical activities
Take sufficient rest & relax, avoid stress	Take any over-the-counter drugs or medicines
Eat healthy, fiber-rich foods with lots of vegetables & fruits	Drink any alcoholic drinks including wine
Keep yourself hydrated; drink lots of fluids (water, juice)	Get in contact with Toxic chemicals e.g. paints & pesticides
Visit your dentist regularly	Smoke & second hand smoke must also be avoided
Get in to regular physical activity like walks, swimming, and exercises as advised to keep you fit.	Do X-rays during pregnancy, unless advised by your obstetrician if required.
Indulge in soft massages, warm showers to relax muscles	Go to very hot climates/high temperature
Wash hands regularly; avoid contact with animals or pets	Eat high fat & sugary foods
Take enough sleep around 8-9hrs	Be Worried or be anxious

## Myths & Facts related to pregnancy

Myths	Facts
Severe morning sickness during pregnancy-likely to have a baby girl.	To certain extent-increased HCG levels may have female fetus-but can't rely on it.
Sex of your baby is determined by the position in which you had intercourse and also by the way you are carrying	The gender of your baby is only determined by the chromosome-X or Y, and not on the position during intercourse.
Do not raise your arms above your head while doing any household chores, as your baby will get the cord wrapped around its neck	It is according to the movements of your baby inside your womb
Avoid sex during pregnancy as this may cause danger to your baby's life	Unless you have faced some trouble due to untimely bleeding or pre-labor, it is safe to have sex with your partner
Lot of heartburn during pregnancy, then your baby is likely to have a lot of hair	The reason behind your heartburn is the growing size of your baby and the fetus. Your stomach is pushed higher and whatever you eat, the acid moves backwards from the stomach to your lower esophagus irritating it and causing heartburn.
Stay away from cats throughout your pregnancy	The only thing is that you should not come into a direct contact with the litter of the cat as it has a parasite called toxoplasmosis.
Taking a bath leads to an unhealthy pregnancy	Should only avoid bathing with very hot water.
Bumping car rides or lifting groceries can trigger labor	"on-road" bumping car rides will have no effect on your baby at all, as your baby is completely protected by sufficient cushioning of the uterus and surrounding fluid. What you have to be careful from is big accidents or a fall.

## Alarming Signs during pregnancy

It is important to note all these symptoms as it requires prompt check-up and management by your doctors:

- w Any bleeding or spotting per vagina.
- w Swelling of face and fingers; swollen legs and ankles.
- w Severe and continues headache.
- w Impaired sight, sudden-severe abdominal pain.
- w High temperature /fever/ flu like symptoms.
- w Frequent vomiting.
- w Decreased fetal movements.



## Preparation for delivery

- w Patient should be totally prepared, mother and baby's bag should be ready, required documents should be included.
- w During labor you will feel quite restless, just take care that you don't get over tired; Relax - breath between contraction.
- w Do not waste your energy while pushing down by shouting or screaming to avoid exhaustion and throat injury.
- w Cooperate with the Doctors and Nurses for the Delivery of a healthy baby; listen to your Doctor/Nurse when to push.

## Things to bring upon admission

- w Picture ID, insurance card, any hospital papers (information)
- w Attested marriage certificate, passport copy with visa page (required for birth baby's notification form)
- w Baby dress with mittens, booties, caps, towels & blankets
- w Newborn baby diapers & wipes

## Signs of Labor

Nos.	Possible Signs of Labor	Definite Signs of Labor
1	Frequent false contraction (intensity and frequency of contraction is less).	True Labor Pain-contractions progresses; frequency and intensity increases.
2	Persistent back pain, Indigestion	Bag of water breaks (water leaking)
3	Noticing that baby shifted downwards.	Bloody show.
4	Restless feeling, warm sensation in the abdomen.	
5	Increased cervical discharge, loose bowel movements.	

**Note:** as per the hospital policy Jewelry, lots of cash or other valuable things, personal medications is not encouraged to be brought during admission.

## Some natural tips to speed up the labor process

- w Walking around during the first stage of labor may strengthen contractions.
- w Pass urine- a full bladder may slow down Labor by getting in the way of baby's head descending.
- w Get into a warm bath - these measures may help to relax and cope with a long Labor:
- w Try using breathing or relaxation techniques if feeling tense; try listening to some soothing music.
- w Eat and drink when you feel the need - have a small snack (perhaps some toast) and drink plenty of fluids
- w Change position - later in labor may not feel like walking around but midwife/nurse can help find a comfortable position.

## Stages of Labor and delivery

Stages of labor are based on intensity and frequency of pain:

Nos.	Stages	What can be done
1	First Stage	walk around , take warm bath & have some snacks
2	Second Stage	Cervix is fully dilated, womb pushes the baby down to the birth canal till the newborn is delivered
3	Third Stage	Delivery of placenta

## Caesarean Delivery?

A caesarean section is a surgical operation done when vaginal delivery might pose a risk to the mother or baby and is done at the discretion of obstetrician.

After Caesarean delivery, it is good to get mobile as soon as possible to speed your recovery.

You **MUST** initiate breastfeeding as soon as you recover from anesthesia.

## After a baby's birth

You must suckle your baby immediately after birth as it helps to stimulate hormones for placental separation and prevents post-partum bleeding; initiate skin to skin contact as soon as possible if baby is stable. Skin to skin contact and initiation of mother-baby bonding and rooming-in is very important for stimulation of milk production.

## Post-natal care of mother

It Includes:

- Nutritional advice
- Personal hygiene and self care
- Breast feeding and care of the breast
- Newborn care
- Baby's Vaccination/ Immunization
- Spacing of pregnancy

w In the busy time after the baby is born remember to look after your own health too, take proper rest and sleep as well as proper nutrition and food intake.

w Contact your doctor when the following are present but not limited to:

- foul smelling vaginal discharge
- high fever
- burning micturation
- oozing at the incision site
- continuous heavy bleeding

**Note:** For newborn baby - Newborn metabolic screening (blood test) covering a large number of metabolic parameters will help in early detection of problem if ANY in the newborn and hearing screening test is also offered within 7 days after birth.





## Breastfeeding - Benefits!

Benefits of breastfeeding have been scientifically proven.

These include:-

For Babies	For Mothers	For families
<ul style="list-style-type: none"> <li>Breast milk is the best source of nourishment, readily available, easily digested, sterile &amp; clean with appropriate temperature</li> <li>It contains antibodies, increases level of immunity to fight against diseases</li> <li>Promotes health &amp; higher intelligence</li> <li>Preventing diseases like diarrhea, &amp; other gastrointestinal disorder &amp; also many other infections</li> </ul>	<ul style="list-style-type: none"> <li>Prevents cancer</li> <li>Increases bonding</li> <li>Promotes postpartum weight loss.</li> <li>Delays fertility</li> <li>prevents osteoporosis</li> </ul>	<ul style="list-style-type: none"> <li>Breastfeeding creates a healthier baby &amp; healthier mum which save on healthcare costs</li> <li>Breastfeeding creates a healthier, productive &amp; intelligent society.</li> <li>Optimum child spacing</li> <li>More ecological</li> </ul>



### FEEDING CUES OF BABY



## Breastfeeding ...Getting started:

### Points to remember

Do's	Dont's
<ul style="list-style-type: none"> <li>• Start breastfeeding as soon as possible</li> <li>• Make sure, you &amp; baby both are in comfortable position</li> <li>• Nurse frequently – at least every 2 hours or as per the baby's demand), to build up your milk supply. Give unrestricted feedings. Breastfeeding follows the law of supply and demand. The more you nurse your baby, the more milk you produce.</li> <li>• Remember to bring your baby to your breast and not the breast to your baby.</li> <li>• Ensure to clean your nipple and wash your hands before feeding.</li> <li>• Check the baby's diaper before feeding; ensure to clean your baby prior to breast feeding.</li> <li>• Breastfeed as soon as baby shows signs of hunger. Early indications are waking up, mouthing his hands, and turning his head back and forth as if searching for the breast. Crying is a late indication of hunger.</li> <li>• Teach your baby the proper way to latch. Proper latch ensures that the baby is able to get all the milk. It also means less sore nipples for you.</li> </ul>	<ul style="list-style-type: none"> <li>• Let sleeping babies lie. If it's been 2 hours since your last feeding and the baby is still sleeping, gently rouse him by tickling his cheek or ear, removing his blanket, picking him up, or even using your nipple dabbed with expressed milk to tickle his nose.</li> <li>• Wait for the baby to start crying before nursing him. It is harder for a hysterical baby to latch on properly.</li> <li>• Give formula, water or glucose water, unless a sound medical reason warrants it. Supplementing with these may make your baby too full to be interested in artificial feeding, which will mean less frequent nursing, resulting in diminished milk supply.</li> <li>• Give bottles or pacifiers as it can lead to nipple confusion for the baby. Rubber nipples and mom's nipples are totally different, and require different sucking motions. Let baby learn one thing at a time.</li> <li>• Switch breasts too early. Let baby finish one breast first before offering the other. If your baby doesn't finish the 2nd breast, offer that breast first at the next feeding. Switching breasts too early may make the baby fill up with foremilk (the thin, watery milk that quenches thirst at the start of a feeding), instead of hind milk (the creamy, calorie-rich milk that satisfies hunger).</li> </ul>

Do's	Dont's
<ul style="list-style-type: none"> <li>• Be patient. It takes time for you and your baby to learn on breastfeeding skills. Be confident! Know that you are giving your baby the best.</li> <li>• Understand the Newborn baby's stomach capacity per feeding:  <b>0-1 day old-</b> stomach capacity is about 5-7 ml, or about the size of a marble. the walls of the newborn's stomach stays firm, extra milk is most often expelled (spit up).Colostrum is just the right amount for your baby's first feedings, it is measurable in teaspoons rather than ounces &amp; it is the only food healthy, full-term babies need  <b>2- 3 days old</b> -newborn's stomach capacity has grown to about 20-27 ml, or about the size of a "shooter" marble. Small, frequent feedings assure that your baby takes in all the milk he needs;  <b>Around day 7,</b> the newborn's stomach capacity is now about 60-80ml, or about the size of a ping-pong ball. Continued frequent feeding will assure that your baby takes in all the milk he needs &amp; your milk production meets his demands.</li> </ul>	<ul style="list-style-type: none"> <li>• Hurry in feeding your baby; baby will shows cues that he/she is full either he/she will let go of your breast, fall asleep, or shows that he/she is relax.</li> <li>• Get busy doing other things when you are breastfeeding; you need to observe if your baby is sucking properly &amp; you should hear sounds that your baby is swallowing the milk.</li> </ul>



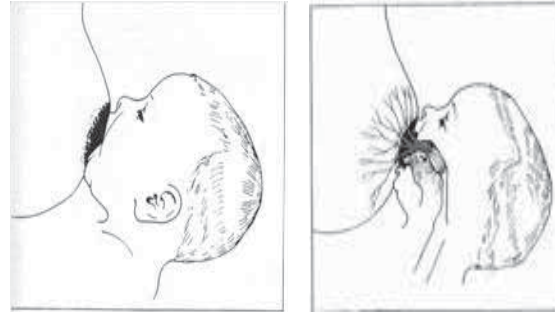
## Breastfeeding Positions



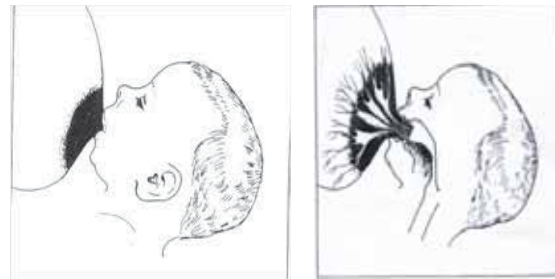
**Note:** Both mother and baby should be in comfortable position before starting breastfeeding.

In case of caesarean delivery, the surgery does not directly affect the breastfeeding process, it is only the mode of delivery that has been changed but breastfeeding can be initiated immediately. Post caesarean breastfeeding can be initiated either by side lying position or in slightly sitting up position with pillow supporting the incision site.

### GOOD LATCH ON



- Wide Open mouth
- Mother should be relaxed
- Sucks areola, not just nipple
- Baby's chin touching the breast



**Note:** Remember that there should be no pain while baby is suckling. If the mother thinks that the baby is not attached well, break the baby's seal on the breast by inserting the small finger into the baby's mouth & follow again the latch-on technique.

### Signs that your baby is getting enough milk

- The baby wets six to eight nappies a day
- Have about 2 to 5 or more stools a day at first and then may have 2 or less a day depending on baby's intake
- The baby may require to be fed as often as every two to three hours (around 8-12 times a day).
- Gains weight constantly after the first 3 to 7 days after birth (your baby may lose a little weight during the 1st week)

## Common feeding problems and solutions

Nos.	Problems	Solutions
1	Not enough milk	<ul style="list-style-type: none"> <li>• Increase the frequency of feeds- hormone stimulates for more Breast milk production</li> <li>• Eat a balanced and nutritious diet and don't over exercise.</li> <li>• Relax when you breastfeed. Find a quiet spot and turn the phone off.</li> <li>• Continued breast feeding even in night time, it increases the breast milk production &amp; supply.</li> </ul>
2	Engorged breast (swollen, Hard breast)	<ul style="list-style-type: none"> <li>• Wear a supportive, well fitting bra (no under wire). Breastfeed often- 8-12 times in 24 hours</li> <li>• Apply cold packs (heat will make it worse) to your breast after each feed.</li> <li>• Hand express if you are full and uncomfortable.</li> <li>• If breast are hard and baby cannot attach, you may be engorged and need to seek help.</li> </ul>
3	Sore/ cracked nipples	<ul style="list-style-type: none"> <li>• Look at how you sit when feeding &amp; how to detach baby after feed.</li> <li>• Follow the proper latch-on technique; Chances are it's an attachment issue.</li> <li>• If your nipples become shiny and very red and you develop flu-like symptoms, you may have infection and better to see your doctor for treatment.</li> </ul>

Nos.	Problems	Solutions
		<ul style="list-style-type: none"> <li>• Try different feeding positions; consult your doctor or lactation consultant if problem persist.</li> <li>• Don't pull off your baby from your breast- you'll stretch your nipples. Insert your finger into the side of baby's mouth to break the suction seal.</li> <li>• Try expressing breast milk on your nipples after each feed and allow air dry. Your breast milk contains healing properties.</li> <li>• If your nipples do crack, nipple shields can be helpful in some situations, but only under the guidance of health professional</li> </ul>
4	Mastitis (swollen) -red & lumpy	<ul style="list-style-type: none"> <li>• See the doctor immediately</li> <li>• Hot Application before the feed (before they get infected)</li> <li>• Thoroughly empty the breasts by feeding your baby more often or expressing the feed from the sore side first.</li> <li>• Ensuring your bra fits well and doesn't leave pressure marks. Don't wear it while you sleep.</li> </ul>

## Breast Milk Expression

- a. Electrical Breast pump:      b. Manual Breast pumps



You can use a manual breast pump or electrical breast pump. These are available in pharmacies, retail stores; technique of using these pumps can be learned from product brochure or from your health care provider. This expressed breast milk (EBM) is useful in initial days when baby is not feeding well due to sickness. Later on while joining your work/ office you can express the milk and store at home as well as your workplace. EBM is an excellent support method to continue breastfeeding your infants and avoiding using formula.

### Breast Milk Expression Tips

- 1) Always wash your hands before expressing or handling your milk.
- 2) When looking for an electric pump to buy or rent, look for one that creates a milking action and is not only sucking device; One way to save time is to look at pumps that express milk from both breasts at the same time.
- 3) Be sure that the pump can be easily disassembled and all parts that come into contact with skin or breast milk can be easily washed and cleaned.
- 4) If you prefer hand expression either due to convenience

of no extra equipment or that you wish to do so in a more quiet environment here are some manual breast milk expression tips:

- As always the first tip to make sure your hands are clean. Wash them well with soap and water.
  - Use a clean cup or container and place it under your breast.
  - Massage the breasts gently toward the nipples.
  - Place your thumb about 1 inch back from the tip of the nipple and your first finger opposite.
  - Press downward into your chest, then gently squeeze and release the areola between the thumb with a smooth repeating motion until the milk flows or squirts out.
  - Continually rotate the position of your thumb and finger around the areola to express milk from all areas of your breast.
  - Once you have collected a quantity of breast milk and are done for the moment, transfer the milk into clean covered/sealable containers for storage in the refrigerator or freezer.
- 5) Be sure to label the expressed breast milk container with the date and time.

### Storage of Expressed Breast Milk (EBM)

By following safe preparation and storage techniques, nursing mothers and caretakers of breastfed infants and children can maintain the high quality of expressed breast milk and the health of the baby.



Location	Temperature	Duration	Comments
<b>Countertop, table</b>	Room temperature (up to 77°F or 25°C)	6–8 hours	Containers should be covered and kept as cool as possible; covering the container with a cool towel may keep milk cooler.
<b>Insulated cooler bag</b>	5-39°F or -15-4°C	24 hours	Keep ice packs in contact with milk containers at all times, limit opening cooler bag.
<b>Refrigerator</b>	39°F or 4°C	5 days	Store milk in the back of the main body of the refrigerator.
Freezer			
<b>Freezer compartment of a refrigerator</b>	5°F or -15°C	2 weeks	Store milk toward the back of the freezer, where temperature is most constant. Milk stored for longer durations in the ranges listed is safe, but some of the lipids in the milk undergo degradation resulting in lower quality.
<b>Freezer compartment of refrigerator with separate doors</b>	0°F or -18°C	3–6 months	
<b>Chest or upright deep freezer</b>	-4°F or -20°C	6–12 months	






- w It is important to ensure that breast milk containers are with cover or seal & labeled with date & time of breast milk extraction (oldest milk to be use first)
- w Do not heat or warm the milk by microwave. If stored milk




are ready to be given to the baby, just simply take out the milk from the fridge, thawed the frozen breast milk & keep it in tap water for at least 1-3 hours (depends if frozen or not) or keep in warm bowl.

- w Throw away left over milk after feeding
- w Do not mix old and newly extracted milk.

### Baby Care

Nos.	Care	Tips
1	Baby bath 	<ul style="list-style-type: none"> <li>• Check the water temperature.</li> <li>• Avoid pouring water on baby's face.</li> <li>• Use cotton cloth to wipe/cleanse the baby's face.</li> <li>• Use gentle baby soap/shampoo</li> <li>• Clean the baby's face first, then followed on the baby's body.</li> <li>• Dry &amp; Wrap the baby immediately &amp; keep the baby warm.</li> </ul>
2	Cord Care 	<ul style="list-style-type: none"> <li>• No tub bathing until cord falls off. Do not sponge bath to clean the baby. See to it that cord does not get wet by water or urine.</li> <li>• Do not apply anything on the cord such as baby powder or antibiotic, except the prescribed antiseptic solution which is 70% alcohol.</li> <li>• Avoid wetting the cord. Fold diaper below so that it does not cover the cord and does not get wet when the diaper soaks with urine.</li> <li>• Leave cord exposed to air. Do not apply dressing or abdominal binder over it. The cord dries and separates more rapidly if it is exposed to air.</li> <li>• If you notice the cord to be bleeding, apply firm pressure &amp; check cord clamp if loose.</li> </ul>

Nos.	Care	Tips
3	<p>Diaper Change</p> 	<ul style="list-style-type: none"> <li>• Keep in mind, always keep the baby dry and clean.</li> <li>• Check and change the diaper as required.</li> <li>• Newborn baby passed motion and urine (Depending on intake-more or less 6-8 times a day)</li> <li>• Use soap and water in cleansing the baby or Gentle baby/wet wipes.</li> </ul>
4	<p>Newborn clothing</p> 	<ul style="list-style-type: none"> <li>• Use simple baby's dress without any small decorative items; Use only cotton fabrics to avoid skin irritation, ensure that it is clean and washed properly.</li> <li>• Bring along the baby's dress, complete with baby cap, mittens, booties, towels, blankets, diapers; ensure to keep ready your baby's bags prior to admission.</li> </ul>
5	<p>Newborn Feeding</p> 	<ul style="list-style-type: none"> <li>• Breastfeed as advise, it is the best for your baby, try as much as you can. In case top feed is to be given, ensure to give your breast milk first, then the top feed.</li> <li>• Artificial milk should be prescribed by pediatrician according to your baby's requirement &amp; nutritional needs.</li> </ul>
6	<p>Baby Burping</p> 	<ul style="list-style-type: none"> <li>• Ensure to burp the baby after feeding to remove gas from baby's stomach. (gentle back-tapping either by placing your baby on your lap or shoulder position)</li> </ul>
7	<p>Newborn screening blood test &amp; hearing test</p> 	<ul style="list-style-type: none"> <li>• Done to check for probable baby's abnormalities, Please ask your baby's pediatrician for further information.</li> </ul>

Nos.	Care	Tips
8	<p>Newborn Vaccination</p> 	<ul style="list-style-type: none"> <li>• This simple procedure involves the use of vaccines, which protect children from serious, and sometimes fatal infectious diseases by strengthening their immunity (their body's ability to fight off these diseases).</li> <li>• Newborn baby's will be given an immunization cards with due schedule of Vaccinations as child grows, which has to be kept very safely</li> </ul>
9	<p>Newborn circumcision</p> 	<ul style="list-style-type: none"> <li>• Newborn Circumcision for male baby as per cultural norms - can be done as early as 2 days of birth by qualified specialist (service is available in Zulekha Hospitals). Deciding whether to circumcise newborn baby is an important choice for parents.</li> </ul>
10	<p>Mile Stones</p> 	<ul style="list-style-type: none"> <li>• By 3 months :your baby should begin to develop a social smile, smile at the sound of your voice, watch faces intently, coo, and make other noises</li> <li>• By 6 months: your baby should recognize you &amp; seem happy to see you, seem interested in different things &amp; sounds, and begin to babble.</li> <li>• By 9 months :he should engage in and enjoy back-and forth interactions, smiles, and other facial expressions, -and responds his name</li> <li>• By 12 months : your baby should point to reach for things, wave, and say one word in addition to mama and dada</li> <li>• By 18 months : he should say 10 to 25 single words, point to objects that interest him, and bring things to show yo</li> <li>• By 24 months : your baby should say at least 50 words &amp; use two-word phrases (Doll mine, Daddy Go)</li> </ul>



## Do's & Don'ts of Infant care:



## Some important things to do after delivery: to keep your self fit:

### Stretching and Strengthening Exercises After Delivery



Clam exercise



Partial curl



Diagonal curl



Dead bug exercise



The plank

Proper exercise



Complete rest and sleep



Healthy food & proper nutrition



## Frequently Asked Questions (FAQs)

### 1. Is artificial milk formula good for my baby?

Artificial milk formula is not the same as breast milk. Formula doesn't contain all the nutrients and antibodies your baby's body needs for optimum health. Remember that as you breast feed your baby, you are providing the "living liquid" to him/her unlike if you feed the baby with an artificial milk formula. Breastfeed babies have a greater immunity compared to other babies that are formula fed.

### 2. When should I start giving solid food to my baby?

The current recommendation of WHO is to exclusively breast feed the baby for the first 6 months of life, then to introduce solids after 6 months of age. Introducing solids before then not only increases the risk of gut and chest infections, it can reduce the intake of nutrients supplied through breast milk which can decrease growth and delay development. In addition to age, babies need to show signs of readiness to start solids (ie. Sit up and hold head steady, open mouth when food is offered, swallow instead of suck). Solids are introduced around 6 months to meet your baby's increased nutritional needs (especially for iron) to support healthy growth and development. Suitable first foods high in iron include baby rice cereal with added iron or pureed meat. Pureed vegetables and fruit should follow but remember do not add sugar, honey or salt. If your baby refuses food, don't worry and try again in a day or 2. It can take up to 15 times before babies will accept a new food be patient.

### 3. How to wean off my baby from breastfeeding?

Breast milk supply will gradually decrease as milk is removed less often; ideally, babies should be weaned slowly, baby can be weaned to cup or bottle, decrease one less breastfeed every few days.

### 4. When should I stop breastfeeding?

If you've made the decision to breastfeed based on health reasons, think about aiming to feed for 12 months or more, that way your baby and you receive the full range of benefits. The other good news is the longer you feed, the easier it gets. By 12 months, your baby will be an old pro and feeds should be much faster and less frequent. There's no need for baby to feed during the night (if baby still wants a midnight feed, there are ways to help baby break the habit). Continue breastfeeding your baby as much as he/she wants.

### 5. In which cases can I give breast-milk substitutes?

There are certain medical conditions related to mother and infant wherein baby can be given breast-milk substitute at the discretion of the doctor.

### 6. How do I feed twin babies?

Feeding twin babies can be easier; you'll need to create a routine that suits you and your babies. Some mothers feed both babies at the same time; some prefer to feed one after the other, while others feed on demand, whenever the babies seem hungry.

### Resources and references:

1. Core curriculum for Lactation consultant practice by Mannel/Martens/Walker, 2nd edition 2008 pages 379-499.
2. Academy of Breastfeeding medicine (ABM), clinical protocol #8 Human Milk storage information for home use for full-term infants (original protocol March 2004; revision #March 2010)
3. Queensland Government-Queensland Health article regarding Breastfeeding Management ([www.breastfeeding.asn.au](http://www.breastfeeding.asn.au))
4. La Leche League International – [www.llli.org](http://www.llli.org)
5. American Academy of Pediatrics- [www.aap.org](http://www.aap.org)
6. Healthcare Magic- [www.healthcaremagic.com/articles/common problems during pregnancy](http://www.healthcaremagic.com/articles/common_problems_during_pregnancy).
7. Centers for Disease Control and Prevention (CDC)- Storage and handling of breast-milk – March 4, 2010 ([http://www.cdc.gov/breastfeeding/recommendations/handling\\_breastmilk.htm](http://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm))
8. Do's and don't's in newborn care- [www.newbornbabyzone.com](http://www.newbornbabyzone.com)
9. [www.womenshealth.gov](http://www.womenshealth.gov)
10. [www.welcomebaby home.com/pregnancies/pregnancy myths.htm](http://www.welcomebabyhome.com/pregnancies/pregnancy_myths.htm)