

Title:

How To Breastfeed

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568

Summary:

When my first baby was handed to me I wasn't sure what to do. Of course I was thrilled, overwh

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Article Body:

When my first baby was handed to me I wasn't sure what to do. Of course I was thrilled, overwh

Tentatively I showed her my breast and waited. She waited. I poked at her mouth, then at her n

As the days went by it wasn't all that I expected. It was painful and burned every time she la

So how do you breastfeed? Here are some tips...

Try to have skin-to-skin contact immediately after the birth, preferably before the baby has b

Get comfortable and hold the baby in a way that suits you both.

Gently place your nipple under baby's nose, and above her top lip. The baby should instinctive

Wait until baby opens her mouth really wide. Then put her on the breast ensuring she has as mu

Baby will begin to suckle very quickly at first. As colostrum (pre-milk rich with antibodies)

When baby has had enough she will let go of the breast and may even fall asleep.

Within about three days the colostrum will be replaced by mature milk.

The first feeds may last a long time or they may occur very frequently for short periods of ti

Breastfeeding is by no means easy but it does get easier after the first four weeks or so. At

By breastfeeding your baby she will benefit tremendously and there are numerous health benefit

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