

Breastfeeding Memory Aid

The essentials to keep close for a good start and to continue with a sense of serenity.



Breastmilk is living and evolving!

It adapts to every feeding, time of the day, and the needs of the growing baby.



A good position, changes everything!

- Baby facing the breasts, belly to belly
- Mouth wide open, lips turned up, chin pressed to breast.
- Your comfort is also important: sit back and relax!

Breastfeeding is an exchange

Every dyad mum-baby is unique.
It takes time to tame this new relationship.
The learning is progressive, like a dance.



Frequency & time length = to the needs

- A baby can feed 8 to 12 times (or more) a 24h
- The feeding can be closer, especially in the evening or on "peak days".
- There's no ideal time length: let the baby feed until they let go of the breast themselves.

Do I have enough milk?

- The more baby feed, the more milk you'll make!
- Signs that everything is going well: baby, wet dippers, gain weights, is energetic and awake.

"Peak days" are normal?

- They often occur around D3, D10, weeks 3-6-9, and months 3-6-9.
- Baby demand more often and seems insatiable: it's their own way to adapt milk production to their needs.
- Rest, drink a lot of water, trust your body, it only lasts few days.

When to consult?



- Persisting pain, breasts crack, insufficient weight gain.
- Intense fatigue or needing support: don't wait to get support!

Trust

- Surround yourself with caring and trained people if needed
- Doubts are normal: you are not alone
- Listen to your feelings: not just to external injunctions

I am a paediatric nurse, lactation consultant, and I'll be with you every step of the way. . .

Your milk is precious, living, and perfectly adapted to your baby. The most important is that you are supported, listened and respected in your choice.



Parent case