

# Breastfeeding: good for Baby, good for Mum



*Growing Strong* Feeding you and your baby

Great state. Great opportunity.

When Baby is around six months of age and starts to eat solid foods, they should still have breastmilk as well because it is so good for them.

In fact, breastmilk is good for Baby up to two years of age or older.

## Benefits

- Breastfeeding is a special time for Mum and Baby.
- Breastmilk is cheap and is always ready for Baby.
- Breastfeeding also helps Mum to get back in shape.
- Breastmilk helps protect Baby from illnesses such as gut infections, ear infections, chest infections and asthma.
- Breastmilk is even more important to keep Baby healthy if they were born very small or very large.
- Breastfeeding can help protect Baby from becoming overweight, developing diabetes or other illness later in life.
- Breastfeeding helps Baby and Mum stay well, so you spend less money on medicine and have less worry.



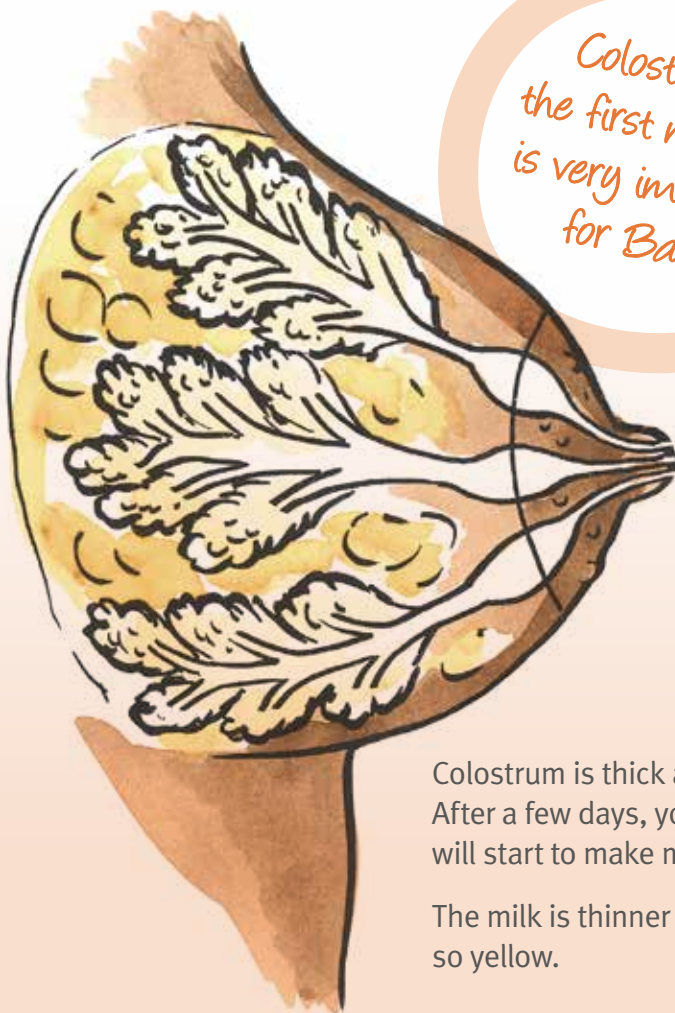
Until Baby is  
around six months  
of age, breastmilk  
is the only food or  
drink needed.



## The first milk – colostrum

Colostrum gets Baby's digestion working and helps to fight germs.

*Colostrum is  
the first milk and  
is very important  
for Baby.*



Colostrum is thick and yellow. After a few days, your breasts will start to make milk.

The milk is thinner and not so yellow.

## Breast feeding your newborn

Newborn babies need several feeds at night as well as lots of daytime feeds. Don't worry about how long it is since baby had the last feed.

*Newborn  
babies need to  
be breastfed  
often.*





### Early signs that Baby is hungry

- Moving head from side to side as if looking for your breast.
- Sucking fist, fingers or thumbs.
- Turning face into your breast.

*Watch to see if Baby is hungry.*



### Late signs that Baby is hungry

- Moving head frantically from side to side.
- Crying – once Baby is crying it can be hard to get them to feed properly.

*Calm Baby by cuddling and talking to them and then feed Baby.*



## How do you know if Baby is having enough breastmilk?

Sometimes mums worry that they won't have enough breastmilk.

If Baby is having enough breastmilk you will see:

- Bright eyes
- Moist mouth and tongue
- Usually happy – even though there are some unsettled times
- Some weight gain over the month
- Pale coloured pee
- Five or more wet nappies every day.

Baby doesn't need top-up feeds of formula. Top-up feeds mean that Baby will suck less and you won't produce as much breastmilk.

*The more often  
you feed Baby,  
the more breastmilk  
you will make.*





## How to Breastfeed

Breastmilk is made in small sacs in the breast. Each sac has muscles around them. These muscles squeeze the sacs, forcing the breastmilk out. This is called the letdown reflex.

*Your milk  
will flow better  
when you are  
relaxed and  
comfortable.*

