

Tips for breastfeeding



Try and use the first few days after birth to get your position and attachment in a way that is comfortable, pain-free and relaxing for you and baby. This can help prevent problems down the track.

Be patient and kind on yourself. Breastfeeding is a skill you and baby are learning together and this takes time and practice. If you are feeling frustrated, stop and try again and if baby is distressed, ask someone to keep them distracted until you feel more relaxed.



Let your baby create the pace and try to feed on demand or based on need. You will start to understand your baby's needs and frequent and effecting feeding can help you produce enough milk for your baby.

Look for feeding cues from baby to indicate they are ready to feed i.e. sucking on hands or tongue, hand movement to mouth quick eye movement.



For ongoing issues, seek specialist advice, i.e. Lactation Consultant.

It is recommended that infants be exclusively breastfed until around 6 months of age when solid foods are introduced. It is further recommended that breastfeeding be continued until 12 months of age and beyond, for as long as the mother and child desire.

Tips for introducing solids



Most babies typically are ready to start eating foods at around 6 months of age. This is a new learning process for you and baby, so don't force food on them if they are grizzly or refuse. Try the next day when they are happy and relaxed.

Your baby will start to show indicators they are ready to start eating food, such as good head/neck control to be upright in a supported position; baby shows an interest in food you are eating; baby may accept food when offered.



Texture is important as it teaches the baby how to chew and helps develop teeth and jaws. Start with pureed foods, then introduce mashed foods and finally minced and chopped foods.

Build up amounts baby eats. Start with 1-2 tablespoons of food and increase amounts based on baby's appetite and cues. Babies generally eat 3-4 times per day at 12 months (whilst continuing breastfeeding or formula).

Take a probiotic with clinically researched strains (i.e. LGG® and BB-12®) to support the immune system during this new phase. Tip: add the powder or open the capsule and sprinkle into expressed breastmilk, formula or mashed banana/yoghurt.



Useful resources and links:

The World Health Organisation

<https://www.who.int/news-room/fact-sheets/detail/infant-and-young-child-feeding>

https://www.who.int/nutrition/topics/complementary_feeding/en/

<https://www.who.int/features/factfiles/breastfeeding/en/>

Australian Breastfeeding Association

<https://www.breastfeeding.asn.au/>

Australian Government Department of Health

<https://www1.health.gov.au/internet/publications/publishing.nsf/Content/gug-director-toc~gug-solids>

https://www.eatforhealth.gov.au/sites/default/files/files/the_guidelines/n56b_infant_feeding_summary_130808.pdf

American Academy of Pediatrics

<https://www.healthychildren.org/English/ages-stages/baby/breastfeeding/Pages/default.aspx>