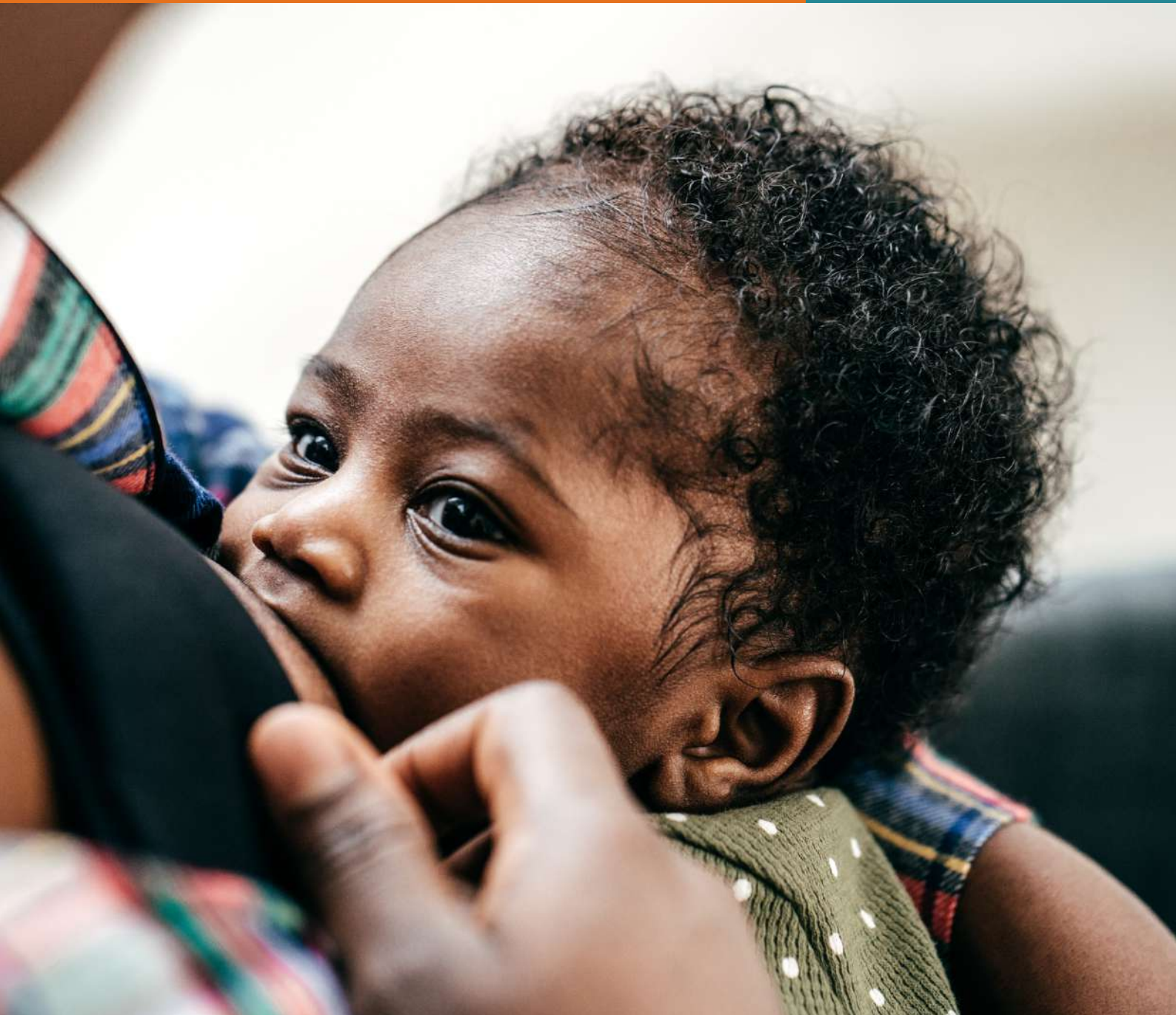


BECOME A BREASTMILK EXPERT

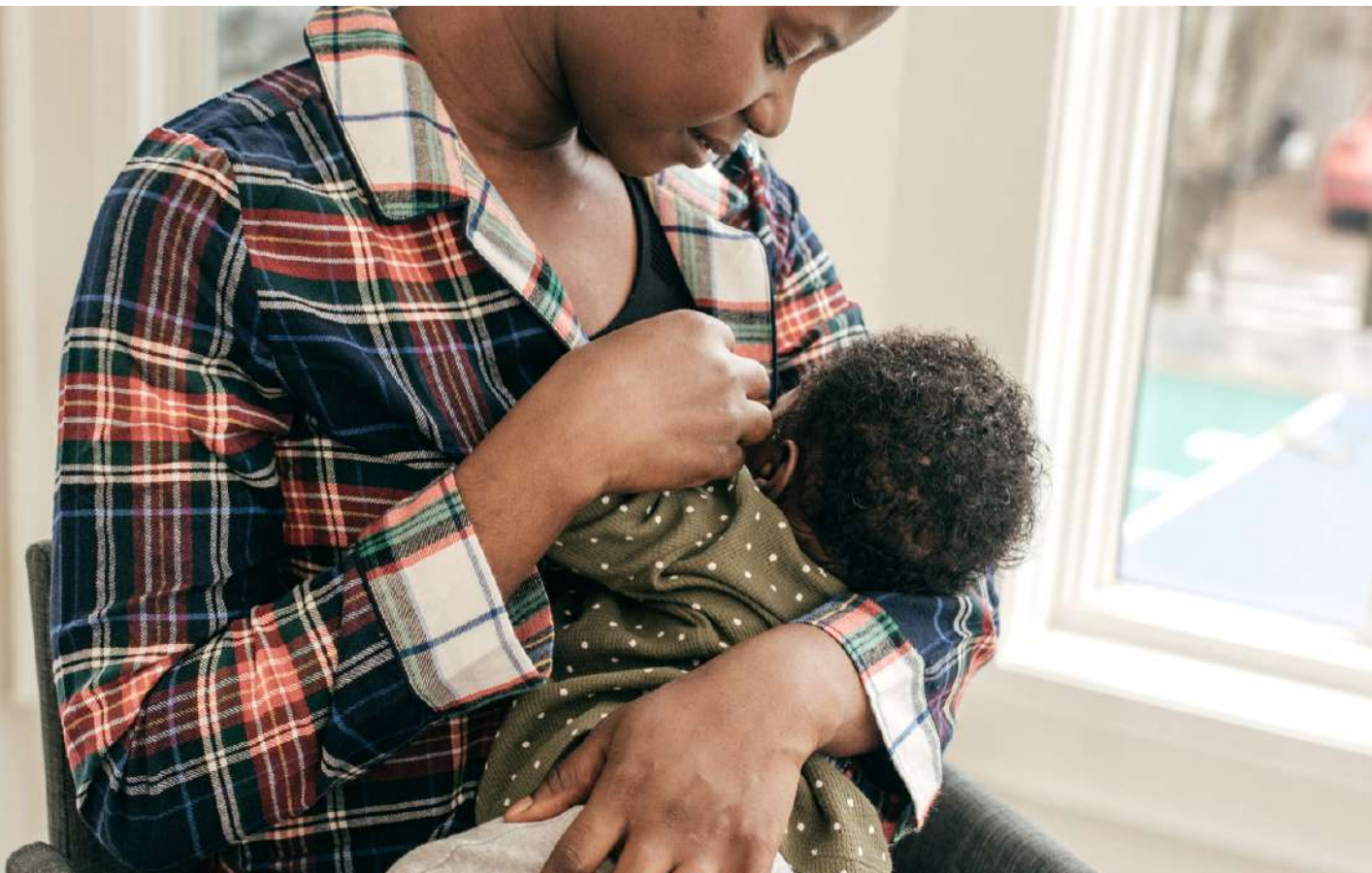
**A Mother's Guide to
Realistic Breastfeeding**



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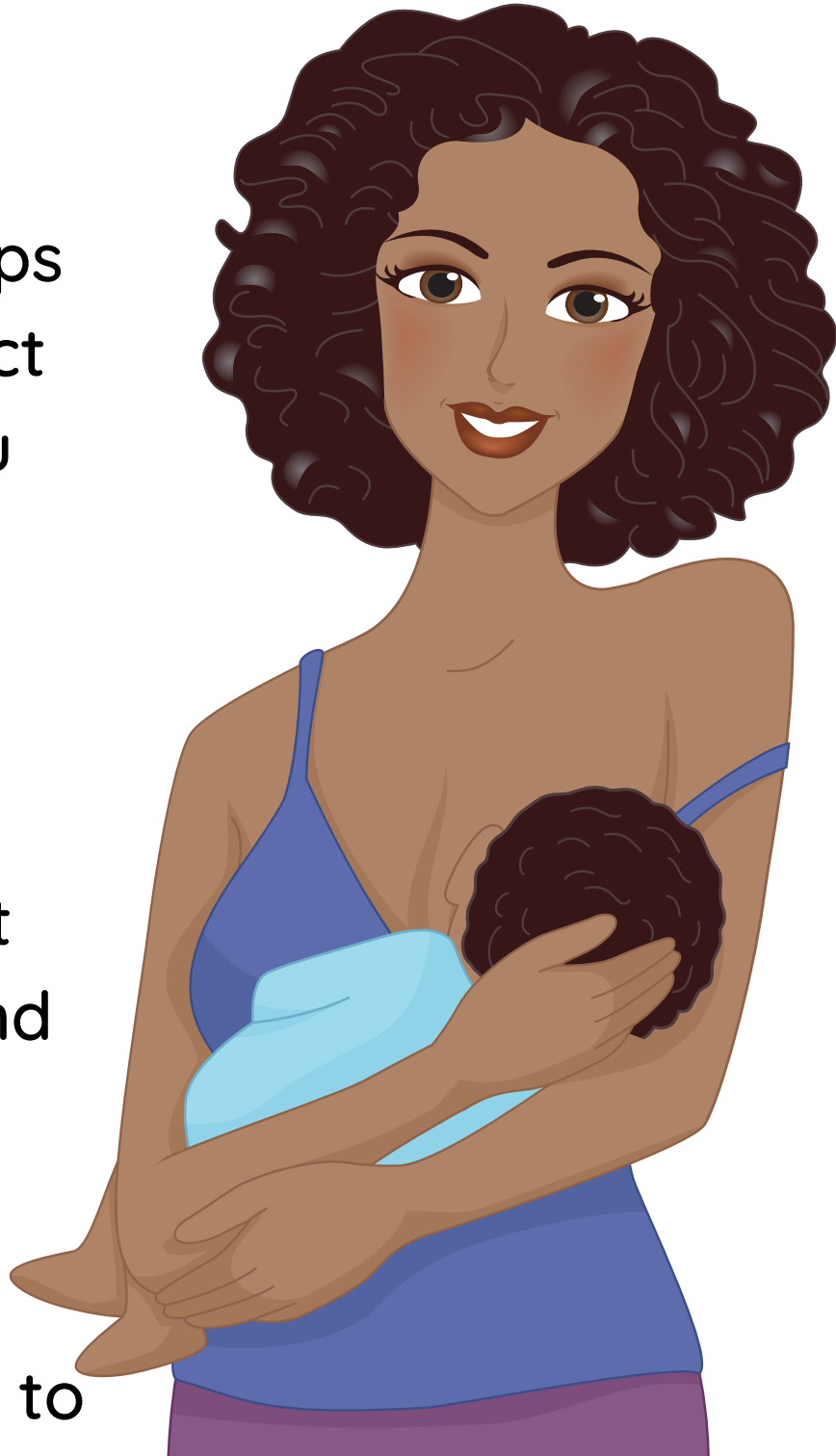
INTRODUCTION

Breastfeeding the best way to bond with your precious one.

It's the gift that keeps on giving; the perfect win win for both you and your baby.

Am sure you're thinking "so why is it exhausting, tiring and frustrating sometimes?"

The realistic answer to that? You were not properly educated.



INTRODUCTION



You see just like everything else with feeding your little one; knowledge is power.

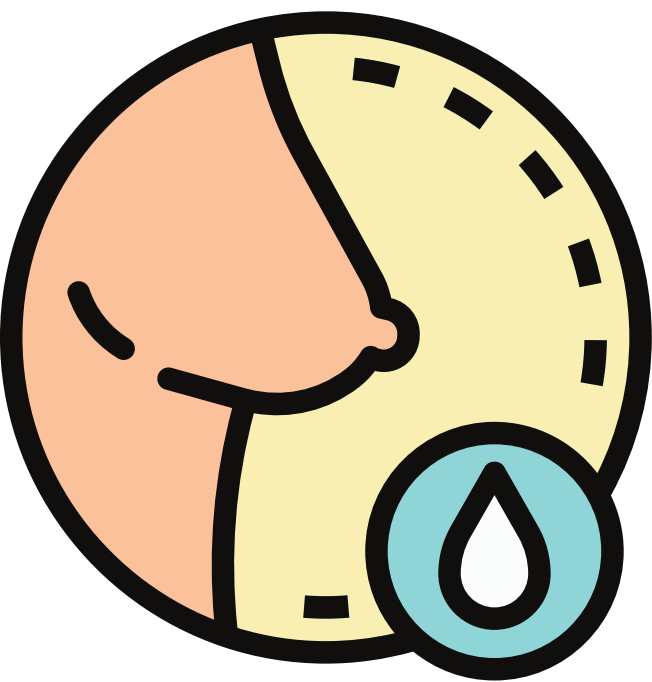
Knowing how, why and, what to do in breastfeeding makes for an easier journey.

In this article; we will crush some myths, tell you the real expectations and give the RIGHT tips on how to breastfeed your babies.

BREASTMILK DELAYS

So you just had your baby and it's time for skin to skin and breastfeeding. No big deal right? **WRONG!** If you had a C-section, your first baby, a premie, strict bed rest during pregnancy, obesity, diabetes even stress of labor can cause a delay in breastmilk production. It's important to take this into account and pace yourself, because added stress can make the journey more frustrating and affect your milk production overall.

PROPER LATCH TECHNIQUE



Just like everything in life, without the proper technique you won't yield the best results. Your bundle of joy is so smart that once you show them the right technique they take the lead and suck away!

[CLICK HERE SO YOU LEARN HOW TO DO IT RIGHT EVERY TIME!](#)

SORENESS AND CRACKED NIPPLES

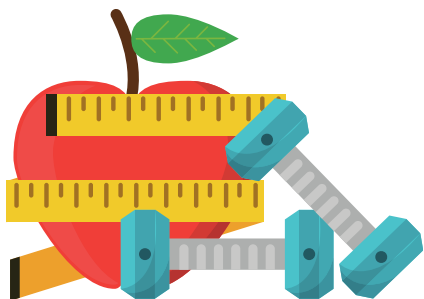
No your little one is not biting you and no you're not a bad mum; you just have a poor latching technique. Patience is required all the time and that's a gift that comes with motherhood. Once you have your latching down, you will enjoy the experience of breastfeeding and so will your little one.



WEIGHT LOSS

Yes! you read right! Breastfeeding helps you burn as much as 500 calories per feed and trim down your pregnancy belly as well.

The better your diet, the healthier child will be, and the more weight you loose. It's a triple win!!!



[CLICK HERE TO
ACCESS A SIMPLE
BREASTFEEDING
MEAL TIMETABLE](#)

NO NEED FOR WATER

Below 6 months, breastmilk is everything a baby needs in terms of nutrients with the exception of vitamin D (recommended as a supplement for breastfed babies and babies who drink less than 32 ounces of formula per day). Even as a thirst quencher on the hot days breastmilk always does the trick!

If you do notice that your child is constipated or there are signs of discomfort, the best diet to review would be yours for any possible foods that could be causing a back log. Other issues that could arise could be special cases of lactose intolerance, genetic disorders that affect muscle and motility or possible allergic reactions.



BREAST ENGORGEMENT AND INFECTIONS

Engorgements can be caused by infrequent feeding, over supply and preference of one breast over another. An infection occurs when there is poor hygiene, an infection in the body or an engorgement that becomes infected. Solutions to this are to feed frequently or express frequently without preference on a particular breast.

It is also important to get help from your physician if you need to take any medication; especially if you develop an infection while breastfeeding. Not all medications are regarded safe for breastfeeding so it is important to get professional help.



TEACH YOUR BABY ITS GAUGE

Too often babies are overfed or underfed because of poor gauge or insufficient feeding. For example, a 6 week old child is expected to consume about 90-120mls every two hours.; offering more than this even if the child will accept can cause discomfort and lots of spit up.

If your child is struggling with intake this will affect their weight and eventually your supply. Expressing is one way to correct this; also the proper latching technique and appropriate feed times will improve your child's gauge. The most important thing to note is to avoid overfeeding and causing the child to become lazy due to bottle feeding or excessive intake of milk. This can cause leaking of milk through the nose or even choking.

SLEEP IS FAR FETCHED

Because Your little one digests breastmilk within 1.5-2 hours you are going to spend more time feeding and less time sleeping. Realistically you should sleep when your baby sleeps or express while your baby sleeps. Ensure you have measures in place so your support system can assist with the feeding process while your rest and rejuvenate. This gives your body time to recover; ready to take care of you precious one again. Remember there is no award for a tired, exhausted breastfeeding mum.



BREASTMILK AFTER ONE IS A SNACK

Exclusively breastfeeding is to be encouraged till 6 months; but after that, nutrient requirements change.

With this change certain nutrients are lacking and need to be gotten from other meals. By age 1 breastmilk officially becomes a snack (NOT A MEAL) for your growing child.

Don't fall victim to the idea that breastmilk is all your child needs after 6 months. Their growth will be stunted as they need more calories and nutrients to reach their milestones and development. So by all means give your child breastmilk till they are 2 but pair it with a variety of meals that is nutrient dense and tasty.



MILK THAT CHANGES WITH THE SEASONS

Your little one is unique and is paired with your unique breastmilk. So when next your little one is uncomfortable, has the sniffles or just can't keep calm. Give them that liquid gold that contains the perfect blend of, antioxidants, immune boosters and sleep aids that will do them just right.

Your breastmilk will also change color dependent on what your child needs at a particular time or what you eat as part of your diet. For example; if your child has a bacterial infection your breastmilk may become much cloudier and creamy white in color. Don't be alarmed this just means the more antioxidants and antibacterial properties are present. Look below for a more in depth view on breast milk colors and its consumption safety.

Colostrum or first milk safe



Diet or medication related or fullness of breast still safe

Also colostrum or first milk and still safe



Diet or medication related or fullness of breast still safe

Foremilk/Transitional milk safe



Blood is present. Still safe (best expressed and allowed to settle so the blood goes to the bottom before being served. But if it excessive and continues IT IS NOT SAFE)

Foremilk/Transitional milk also safe



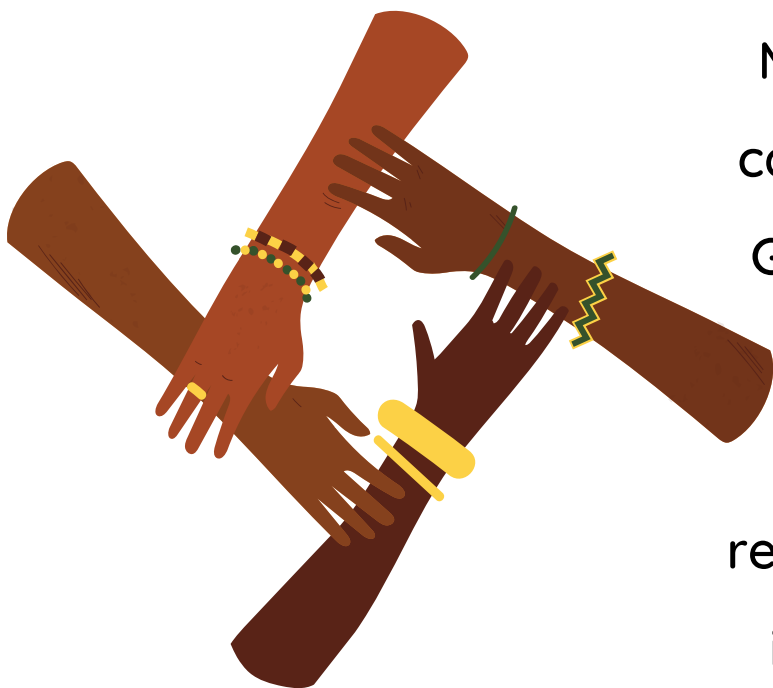
Milk starts milky white and turns pink IS NOT SAFE. Blood is present and an indication of injury or infection.



EAT! EAT!! EAT!!!

To be the best vehicle for food you need to keep your fuel tank full. This means ensuring you are eating a balanced meal every 3-4 hours. The quantity of the meal doesn't matter however the frequency and quality does. Focus on small meals more frequently so you don't burn out. As mothers, returning back to our bodies and normalcy is always on our minds but being healthy is more important. Ensure you eat good meals and keep hydrated often. The expected minimum meal intake daily should be about 2,000 calories while your water intake should be about 3-4L over a 24hr period. (View meal plan attached for guidance).

GET HELP



Motherhood and breastfeeding can be a roller coaster of a ride. Get help whenever you can and don't be afraid to ask for support. It goes a long way in reducing stress and in turn helps increase your milk production.

CONCLUSION



Breastfeeding is full of ups and downs for both you and your little one. So neither of you are immune to mistakes on this journey.

What you should do is lower your expectations, take good notes from this lecture and stay in a place of support, joy and sanity.

Most importantly; enjoy the experience of breastfeeding because there is none second to it.