

Breastfeeding Guide

Practical Tips, Nutrition, and Support for Your Breastfeeding Journey

Breastfeeding is a learning experience for both you and your baby. While it is natural, it doesn't always come naturally. Many mothers experience challenges during the first few weeks, and needing support is completely normal.

Breast milk provides ideal nutrition for most babies and contains antibodies that help protect against illness. It also supports bonding and offers health benefits for mothers;

Whether you exclusively breastfeed, combine breastfeeding with formula, or pump breast milk, your feeding journey deserves support—not judgment.

This guide is intended for educational purposes only and is not a substitute for medical advice, diagnosis, or treatment. Always consult your healthcare provider regarding your pregnancy and medical care.

Getting Started

- Practice skin-to-skin contact immediately after birth.
- Offer the breast within the first hour after birth.
- Feed your baby whenever they show hunger cues rather than waiting for a schedule.
- Breastfeed 8–12 times every 24 hours during the first weeks.

TIP:

Newborn stomachs are very small. Frequent feeding is normal and helps establish your milk supply.

Understanding Hunger Cues

Feed your baby when you notice early hunger cues such as:

- Bringing hands to the mouth
- Rooting (turning toward your breast)
- Opening the mouth
- Sucking on hands or fingers
- Increased alertness

TIP:

Crying is usually a late hunger cue and may make latching more difficult.

Good Latch

A good latch helps your baby remove milk effectively and reduces nipple pain. Look for these signs:

- Baby's mouth is wide open before latching. Baby takes in much of the areola—not just the nipple.
- Lips are flanged outward.
- Chin touches the breast.
- You hear swallowing during feeding.
- Feeding feels like gentle tugging—not sharp pain.

TIP:

If breastfeeding remains painful after the first few seconds, gently break the suction with a clean finger and try again.

Common Breastfeeding Challenges

Sore Nipples

- Check your baby's latch.
- Change breastfeeding positions.
- Express a few drops of breast milk and allow nipples to air dry.
- Wear breastfeeding bra
- Ask for help from a lactation consultant if pain continues.

Engorgement

- Feed frequently.
- Avoid skipping feedings.
- Apply a warm compress before feeding.
- Express breastmilk using a breastmilk pump.
- Apply a cool compress after feeding if needed.

Plugged Ducts

- Continue breastfeeding.
- Massage the area gently while feeding.
- Vary breastfeeding positions.

If you develop fever, flu-like symptoms, or increasing breast redness, contact your healthcare provider immediately.

About Milk Supply

Most mothers are capable of producing enough milk for their babies.
To support milk production:

- Feed frequently.
- Empty the breasts well.
- Stay hydrated.
- Eat enough calories.
- Rest whenever possible.

If you're concerned about your milk supply, speak with your healthcare provider or an International Board Certified Lactation Consultant (IBCLC).

Nutrition for Breastfeeding Mothers

Nourish yourself. Nourish your baby.

Good nutrition supports your energy, mood, recovery, and milk production. You don't need a perfect diet—just consistent, balanced choices that work for you.

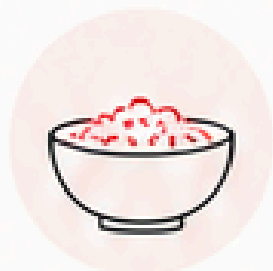
FOCUS ON EATING

a variety of whole, minimally processed foods.



FRUITS & VEGETABLES

Aim for a rainbow of colors every day.



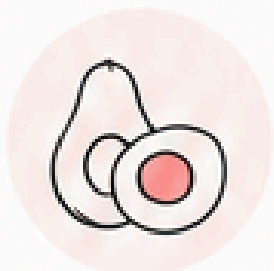
WHOLE GRAINS

Oats, brown rice, quinoa, whole wheat, etc.



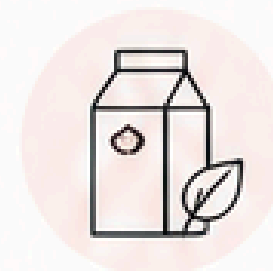
LEAN PROTEIN

Eggs, poultry, fish, beans, lentils, tofu, nuts.



HEALTHY FATS

Avocado, nuts, seeds, olive oil, chia, flax.



CALCIUM-RICH FOODS

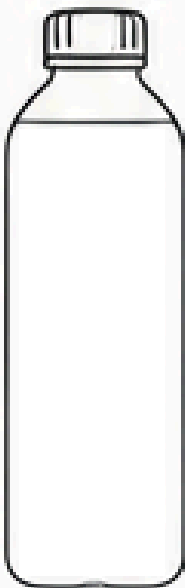
Dairy or fortified alternatives, leafy greens, almonds.



A balanced diet helps support your milk supply, your baby's growth, and your overall well-being.

STAY HYDRATED

Fluids are essential for milk production and overall health.



- ✓ Drink when you're thirsty.
- ✓ Keep a water bottle with you at all times.
- ✓ Aim for at least 8–12 cups (2–3 liters) of fluids daily.
- ✓ Water is best. Herbal teas and milk also count.



Breast milk is about 87% water—your body needs enough fluids to keep up!

FOODS & SUBSTANCES

that need extra attention



CAFFEINE

Moderate caffeine (up to about 300 mg/day, roughly 2–3 cups of coffee) is generally safe for most healthy infants.



ALCOHOL

If you choose to drink, wait at least 2–3 hours per drink before breastfeeding. When in doubt, pump and discard.



SPICY FOODS

Usually safe and unlikely to affect your baby, but monitor how your baby responds.

WHAT TO LIMIT

as much as possible

- ✗ Highly processed foods
- ✗ High added sugar
- ✗ Excessive salt
- ✗ Trans fats
- ✗ Artificial sweeteners
- ✗ Smoking & recreational drugs

KEY NUTRIENTS

to support you and your baby



PROTEIN

Supports tissue repair and milk production. Include a source at every meal.



CALCIUM

Important for your bone health and your baby's growth. Aim for 1,000 mg/day.



IRON

Helps prevent fatigue and supports energy. Include iron-rich foods daily.



VITAMIN D

Supports bone health and immune function. Safe sun exposure helps.



IODINE

Essential for your baby's brain development. Use iodized salt and include iodine-rich foods (dairy, eggs, fish).



OMEGA-3 (DHA)

Supports your baby's brain and eye development. Include fatty fish, chia, flax, or walnuts.



Continue taking your prenatal vitamin while breastfeeding, or as recommended by your healthcare provider.

Remember



- ♥ You don't need to eat perfectly—consistency matters more than perfection.
- ♥ Listen to your body.
- ♥ Eat when you're hungry. Rest when you can.
- ♥ Nourishing yourself is one of the best gifts you can give your baby.



SELF-CARE MATTERS TOO

Breastfeeding can be physically and emotionally demanding.



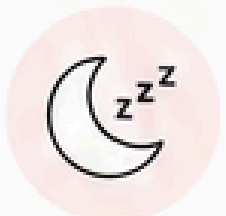
Remember to:



Eat regular meals.



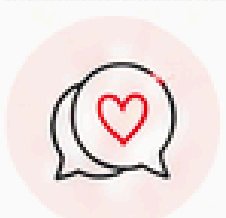
Stay hydrated.



Rest whenever possible.



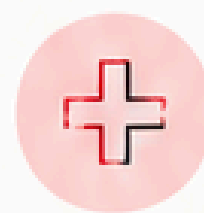
Accept help from family and friends.



Ask for professional support if breastfeeding feels overwhelming.



Taking care of yourself helps you care for your baby.



WHEN TO SEEK HELP

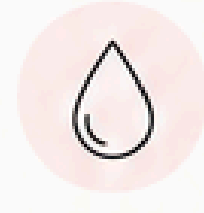
Contact your healthcare provider or a lactation consultant if:



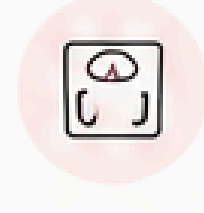
Breastfeeding is consistently painful.



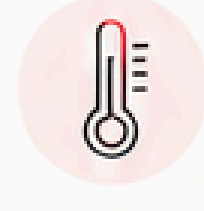
Your baby is difficult to wake for feedings.



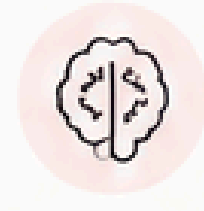
Your baby has fewer wet diapers than expected.



Your baby is not gaining weight appropriately.



You have fever, chills, breast redness, or severe breast pain.



You feel overwhelmed or emotionally distressed.



You are not alone. Reaching out for help is a sign of strength and an important step toward feeling better.



QUESTIONS TO ASK YOUR HEALTHCARE PROVIDER

- 1 Is my baby's weight gain appropriate? _____
- 2 Is my baby's latch effective? _____
- 3 Should I meet with a lactation consultant? _____
- 4 Am I getting the nutrients I need while breastfeeding? _____
- 5 When should I begin pumping if I plan to return to work? _____



TIP:

Every breastfeeding journey looks different

Some mothers exclusively breastfeed, others pump, supplement with formula, or transition between feeding methods. Feeding your baby with love and responding to their needs is what matters the most.