



## MUMMY! BREASTFEED ME!

“Breastfeeding is not a mean to protect health but is part of health itself”  
Carlos Gonzales, pediatrician

### Why breastfeeding?

Breastfeeding is a health choice for baby and mother. Its a private choice but at the same time it has a public health importance.

Breast milk is naturally perfect, its always suitable for the needs of the baby. Moreover its practical and inexpensive.

### How long can I breastfeed?

WHO ( World Health Organization), UNICEF, the Italian Ministry of Health and the Scientific Pediatric Companies recommend to breastfeed exclusively for at least the first six months and to continue the breastfeeding during all the weaning period and approximately until the age of 2 of the child and over if mother and child desire it.

### How do I breastfeed?

Breastfeeding has to be on demand during day and night because only the baby knows when he is thirsty and hungry. You don't need watches: the feeding will last until the need of the baby. The new born baby satisfies all his nutritional needs with the milk: you don't need water or infusions which fills up without nourishing. You don't need to give both breasts during the feeding but it's important that the baby empty one breast each time.

### Milk is enough for my baby?

Milk production adapt itself to the request of the baby who sucking stimulates the breast to produce the perfect quantity. From time to time babies have “growth burst”, during these periods their milk need increase and they will suck more to stimulate the production: for the mother this step could be tiring but in a few days the breast will adapt the production and everything will return to normality. If the breast is not swollen and doesn't drip it means that it produces the right quantity of milk for the baby, not that the milk is not enough.

Every baby is unique in his needs. Don't compare him with other babies.  
Love, contact, touch and reassurances are important needs as nourishment. Breast is not only feeding.  
You are not spoiling your baby!

### Who can I call if I'm in trouble?

Breastfeeding doesn't have to be painful. If you feel pain, reddening, fever or you have any doubt call the Area Family Counseling or the Beauregard Hospital, if you need the hospital will offer you also an intercultural mediation service.

The self-help network service called "Pronto Mamy" is a group of mothers who organizes month meetings, exchanges information and advices on Facebook and offers phone availability to answer to others mothers questions.

Your doubts are not banal and each mother and each baby are important. You are not alone! Ask for help!

### What can my family do?

For a good breastfeeding start mother and baby have to be put in a condition where they can learn to know each other and interact. The father and the rest of the family can help protecting their exclusive space, avoiding disapprovals and interferences and offering help in practical things.

Nature has given us the skill to give birth and to breastfeed our babies and has given to our babies the ability to communicate their needs. Don't ever doubt on this ability or permit to your closes to do it. Refuse firmly and don't pay any attention to other people's criticism, ask for help when needed.

