

Birth to Baby's

5 Golden Rules of Breastfeeding



THE PASSAGE TO MOTHERHOOD



Congratulations mama!

You are embarking on perhaps the biggest journey of your life thus far (and ever!). That is, the almighty honour and privilege to bring new life into your world. There are endless ways to express the challenge and triumph of becoming a mother but Gretchen Rubin offers a bittersweet reminder: "The days are long, but the years are short". So what better time to prepare and surrender.

“A newborn has only three demands. They are warmth in the arms of its mother, food from her breasts, and security in the knowledge of her presence. Breastfeeding satisfies all three.” - Dr. Grantly Dick-Read





5 GOLDEN RULES OF BREASTFEEDING

1. Knowledge is Power

It is important to educate yourself before baby is born. The more you know about breastfeeding; what to expect and how to manage different challenges - the smoother your journey will be.

2. Have Good Support

Research shows that if your partner is supportive of breastfeeding, you are more likely to give it a try, and more likely to keep going even if things are challenging. It's very beneficial for your partner to understand the basics of breastfeeding so they can support you.

3. Start Early

Breastfeeding is best initiated within one hour after birth. Any delay to this can impact your breastfeeding experience on many levels. My class offers you the insight on how to prevent delays and also how to get back on track if plans change.

4. Good Latch

Ensuring a good latch is absolutely fundamental to your success in breastfeeding. Attend a class to understand the basics of good latch (position and attachment). Breastfeeding should not be painful and pain is a good sign that something isn't quite right.

5. Feed on Demand

Newborns are designed to feed often, especially at night. Any interruption to this can cause supply challenges and thus an unsettled baby (and probably mama too!). My class will introduce you to baby's hunger cues so you can identify when baby needs a feed and thus prevent any undue distress.

THANK YOU!



If you would like to learn more about Birth to Baby or how I
can support you on your journey to motherhood - please
visit www.birthtobaby.com.au

