Off to the best start

Important information about feeding your baby
Breastfeeding gives your baby all the nutrients he needs for the first six months of life. It helps to protect him from infection and other diseases. And it reduces your chances of getting some illnesses later in life.

Breastfeeding also helps you and your baby to get closer – physically and emotionally. So while your child is feeding, the bond between you can grow stronger.

Bottle feeding does not give your baby the same ingredients as breastmilk, which is easy for your baby to absorb and is a perfect food to help him grow and develop. And infant formula milk doesn’t provide protection against infection and other diseases.
In this leaflet

What does breastfeeding help protect against? 4
After your baby is born 6
How to breastfeed 7
Signs that your baby is feeding well 10
Tips for successful breastfeeding 13
Expressing milk 15
Where to find help 18
What does breastfeeding help protect against?

- Ear infections
- Asthma
- Eczema
- Chest infections
- Obesity
- Gastro-intestinal infections
- Childhood diabetes
- Urine infections
Women who breastfeed get their figures back faster

Breast cancer

Weak bones later in life

Ovarian cancer
After your baby is born

Holding your baby against your skin straight after birth will calm your baby. It will also steady his breathing and keep him warm.

This is a great time to start your first breastfeed, because your baby will be alert and want to feed within a couple of hours of birth. Your midwife can help you with this.

Your baby will be happier if you keep him near you and feed him whenever he is hungry. This will remind your body to produce plenty of milk.
What position should you use?

There are lots of different positions for breastfeeding. You just need to check the following:

Are your baby’s head and body in a straight line? If not, your baby might not be able to swallow easily.

Are you holding your baby close to you? Try to support his back, shoulders and neck. He should be able to tilt his head back easily. And he shouldn’t have to reach out to feed.