



Recommendations for the Good Start of Breastfeeding:

1. Put the baby to the breast right after birth. After 2 hours of birth, the baby falls asleep, his/her interest decreases and makes it difficult to latch.
2. The first milk your breast produces is called colostrum, this "liquid gold" contains all the necessary nutrients for his/her first days of life and provides all the necessary immune defences. The newborn is born with a stomach the size of a marble, so the colostrum is very concentrated and is secreted in very small quantities. Nutritionally, your baby doesn't need anything else.
3. Breastfeeding on demand. Offer your breast to your baby every time he/she shows interest, don't wait for him to cry. During the first weeks the baby should do between 10 and 12 breastfeeding daily. Newborns do not understand schedules.
4. Let the baby leave the breast by him/herself to ensure that it has been completely emptied, so you ensure that he/she receives the fattiest milk.
5. Avoid using teats, bottles, pacifiers or teat cups. They confuse the baby's sucking, reduce the intakes and negatively affect your milk production.
6. Do not give any liquid other than breast milk, with them you fill his/her stomach, reduce his/her appetite, decrease the intake and do not feed him/her.
7. Watch the posture and the breastfeeding latch, correcting if necessary. Remember, breastfeeding does not hurt, if you have pain, ask for help.
8. Remember that your breast helps in many baby's needs, not only hunger. While breastfeeding, your baby finds tranquillity, security, sleep ... In addition to strengthening the bonds between you.
9. Maintain contact with your baby from birth. This will allow you to know his/her needs better and will give you security.
10. Find your calm and tranquillity, other things can wait. Rest with your baby to transmit him/her calm. Listen to yourself and listen to your son/daughter.

If you need help contact