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**Berufsverband Kinderkrankenpflege Deutschland e.V.**

Geschäftsstelle Kinderkrankenhaus auf der Bult  
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**WHO-UNICEF-Initiative „Babyfreundliches Krankenhaus“ (BFHI) e.V.**

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You can also find interesting pieces of information at [www.stillen-info.de](http://www.stillen-info.de).

**The National Breastfeeding Committee at the Federal Institute for Risk Assessment**

The National Breastfeeding Committee (**Nationale Stillkommission**) is under the auspices of the Federal Institute for Risk Assessment (BfR). The National Breastfeeding Committee was founded in 1994 as a consequence of a resolution of the 45th World Health Assembly. The members are scientists, pediatricians, obstetricians, delegates of breastfeeding support groups, midwives, and pediatric nurses. Its task is the promotion of breastfeeding in the Federal Republic of Germany. The National Breastfeeding Committee advises the Federal Government, formulates guidelines and recommendations, and supports initiatives to remove obstacles to breastfeeding. The National Breastfeeding Committee is active with regard to the implementation of the Federal Law on Advertisement for Infant Formula.

Bundesinstitut für Risikobewertung (Federal Institute for Risk Assessment)  
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GERMAN NATIONAL  
BREASTFEEDING COMMITTEE

## Recommendations on Breastfeeding



## Dear Mother to-be,

The German National Breastfeeding Committee (**Nationale Stillkommission**) recommends that you breastfeed your child. In giving you and your partner this information on the advantages of breastfeeding, we hope to encourage you to decide to breastfeed. Breastfeeding is more than providing the best and most healthful food for your child; it also means psychological nourishment for your baby. Breastfeeding is an exceptional continuation of the relationship with your infant that developed during pregnancy. Breastfeeding is a partnership between mother and baby: skin contact, loving care and finding an individual breastfeeding pattern are important.

### Other advantages of breastfeeding are

For the infant:

- ▶ Mother's milk is easily digestible.
- ▶ Antibodies and other protecting substances in mother's milk protect against many infectious diseases. Breastfed children are less often ill.
- ▶ Mother's milk is available at any time, is hygienic and always has the correct temperature.

For the mother:

- ▶ Breastfeeding saves work, time, and money and is good for the environment.
- ▶ Breastfeeding makes you independent – also when you are away from home.
- ▶ After delivery the uterus will contract more quickly and you will lose less blood.

### Preparing to breastfeed during pregnancy

Find out about breastfeeding. Have somebody demonstrate correct attachment and various breastfeeding positions. This is the best way to avoid many prob-

lems. You need not prepare your breasts for breastfeeding; your body will do this itself. The size of your breasts is of no importance for breastfeeding. Flat or inverted nipples are no obstacle, because the infant does not suck from the nipples but from the breast.

### Starting to breastfeed

Let your baby breastfeed in the delivery room as early as possible – before the baby is bathed, weighed and measured. In this way your child receives colostrum which is rich in antibodies, easily digested and adapted to the needs of the newborn. Both you and your child learn nursing more easily at this time. The best way to learn to breastfeed is by being together both day and night.

Breastfeed your baby on demand, as often and as long as you both want. Your baby's sucking at your breast regulates milk production. A healthy full-term baby does not need any additional nourishment besides breast milk.

The position of the baby while breastfeeding is important so that the baby can feed properly. The baby's body should be held close against yours so that the baby does not suck only on the nipple but takes more of the breast into his mouth.

You can breastfeed after a Caesarean section. You only need some extra support in the first days.

Mother's milk is especially valuable for premature babies. Pump milk for your baby until it can nurse at your breast.

Accept the support of your partner, your family and your friends in these first days and avoid stress. Rest whenever it is possible. Drink when you are thirsty and eat a balanced diet.

Breastfeeding is a learning process for both mother and child. Be confident in your body and yourself and don't be discouraged when things do not seem to work right away. Remember that most difficulties and uncertainties in taking care of your baby are the consequence of lack of information and lack of sup-

port. Look for competent help from midwives, lactation consultants, breastfeeding support groups, and pediatric nurses. Your gynecologist or pediatrician will help you, too.

Ask at the hospital for helpful addresses or contact the following organizations:

### Arbeitsgemeinschaft Freier Stillgruppen (AFS) e.V.

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### Deutscher Hebammenverband e.V.

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### Berufsverband Deutscher Laktationsberaterinnen IBCLC e.V.

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