

Recommendations for breastfeeding in infancy



Dear Mother, dear Doctor,

With the following recommendations, the German National Breastfeeding Committee (Nationale Stillkommission) would like to contribute to the promotion of breastfeeding in infancy and answer some questions which may arise during this time.

1. The ideal food for the infant is mother's milk. Mother's milk fed exclusively is, generally, sufficient for the first six months of life. Thereafter, in addition to complementary food, breastfeeding can and should be continued.
2. Exclusively breastfed infants do not need supplementary liquids.
3. Breastfeeding-on-demand is the best way to ensure that milk production meets the baby's needs and is a good basis for the development of an individual breastfeeding pattern. For this reason, 24-hour rooming-in should be the rule.
4. When a baby is fed on demand (roughly 10 to 12 times a day in the first weeks of life) enough milk is produced for one child or more children (twins, triplets). ("The demand determines the supply.")
5. In the beginning the infant should be offered both breasts; later the mother can breastfeed on one or both breasts as she and her baby wish.
6. Correct attachment (the baby has a "mouthful" of breast) and frequent breastfeeding prevent plugged (milk) ducts, sore nipples and breast infections (mastitis).

-
7. Hungry infants should be fed especially often and offered both breasts.
 8. During the first days of life breastfed children should only be weighed once a day under identical conditions. Thereafter, they should be weighed weekly or only at well-baby check-ups.
 9. Breastfeeding mothers need psychological and practical support from fathers, relatives and friends.
 10. Breastfeeding mothers should eat a balanced and varied diet and drink sufficiently. (Mothers are advised to drink a glass of water during each breastfeeding session.)
 11. If the mother needs medication, this does not automatically mean stopping breastfeeding, temporarily or permanently. In most cases an acceptable drug can be found which allows breastfeeding to continue. A doctor should be consulted in all cases.
 12. Breastfed children with diarrhoea and/or vomiting should continue to be breastfed. If medically indicated, losses of fluids and electrolytes should be replaced with appropriate rehydration solutions.
 13. In the case of severe breastfeeding and lactation problems, professional help from midwives, lactation consultants, paediatricians, or gynaecologists should be sought.
 14. Support groups of breastfeeding mothers can help to avoid or solve breastfeeding problems. Addresses are available at the local public health office (Gesundheitsamt).

You will find more information at www.stillen-info.de or:

Arbeitsgemeinschaft Freier Stillgruppen (AFS) e. V.

Geschäftsstelle

Wallfriedsweg 12, D-45479 Mülheim an der Ruhr

Tel. +49 6081 6883399

E-Mail: geschaeftsstelle@afs-stillen.de

Infoline for breastfeeding advice: +49 228 92959999 (at the local tariff, maximum mobile tariff 0.42 €/min)

Internet: www.afs-stillen.de

Berufsverband der Frauenärzte e. V.

Postfach 20 03 63, D-80003 München

Tel. +49 89 244466-0

E-Mail: bvf@bvf.de

Internet: www.bvf.de

Berufsverband Deutscher Laktationsberaterinnen IBCLC e. V.

Sekretariat

Hildesheimer Str. 124 E, D-30880 Laatzen

Tel. +49 511 87649860

Fax +49 511 87649868

E-Mail: sekretariat@bdl-stillen.de

Internet: www.bdl-stillen.de

Berufsverband Kinderkrankenpflege Deutschland e. V.

Geschäftsstelle Kinderkrankenhaus auf der Bult

Janusz-Korczak-Allee 12, D-30173 Hannover

Tel. +49 511 282608

Fax +49 511 851516

E-Mail: bv-kinderkrankenpflege@t-online.de

Berufsverband der Kinder- und Jugendärzte e. V.

Mielenforster Str. 2, D-51069 Köln
Tel. +49 221 68909-0
Fax +49 221 683204
E-Mail: bvkj.buero@uminfo.de
Internet: www.kinderaerzte-im-netz.de

Bund freiberuflicher Hebammen Deutschlands e. V.

Kasseler Str. 1 a, D-60486 Frankfurt/Main
Tel. +49 69 795349-71
Fax +49 69 795349-72
E-Mail: geschaeftsstelle@bfhd.de
Internet: www.bfhd.de

Deutscher Hebammenverband e. V.

Postfach 1724, D-76006 Karlsruhe
Tel. +49 721 98189-0
Fax +49 721 98189-20
E-Mail: info@hebammenverband.de
Internet: www.hebammenverband.de

La Leche Liga Deutschland e. V.

Geschäftsstelle
Louis-Mannstaedt-Str. 19, D-53840 Troisdorf
E-Mail: info@lalecheliga.de
Internet: www.lalecheliga.de
Breastfeeding advice: www.lalecheliga.de/beratung

WHO-UNICEF-Initiative „Babyfreundlich“ e. V.

Jan-Wellem-Str. 6, D-51429 Bergisch Gladbach
Tel. +49 2204 4045-90
Fax +49 2204 4045-92
E-Mail: info@babyfreundlich.org
Internet: www.babyfreundlich.org

The National Breastfeeding Committee at the Federal Institute for Risk Assessment

The National Breastfeeding Committee was founded in 1994 as a consequence of a resolution of the 45th World Health Assembly. The members are scientists, paediatricians, obstetricians, delegates of breastfeeding support groups, midwives, and paediatric 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 legal restrictions on the advertising of infant formula.

These recommendations for breastfeeding in infancy, which are also available in German, French, Italian, Russian, Turkish and Arabic, can be ordered free of charge in the desired quantities from:

Geschäftsstelle der
Nationalen Stillkommission
Bundesinstitut für Risikobewertung
(Federal Institute for Risk Assessment)
Max-Dohrn-Str. 8–10, D-10589 Berlin
Tel. +49 30 18412-3905
E-Mail: stillkommission@bfr.bund.de
Internet: www.bfr.bund.de

This text version is a translation of the original German text which is the only legally binding version.

As of: 2016/Photo: iStockphoto