

Information on Breastfeeding for Expectant Mothers



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 means more than providing your infant with mother's milk to ensure healthy nutrition. Breastfeeding is also food for the soul for you and your child and in a unique way continues the relationship that began between you and your infant during your pregnancy. Breastfeeding is a partnership between mother and baby: skin contact, loving care and finding an individual breastfeeding pattern are important.

Other good reasons for breastfeeding

For your 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 you:

- ▶ 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.
- ▶ Breastfeeding may lower the risk of breast and ovarian cancer.

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 problems.

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

You should be given the opportunity for uninterrupted skin contact with your baby immediately after birth. If possible, the baby should be offered a breast within the first two hours following the birth. This ensures that your baby received the first highly nutritious milk (colostrum) which is rich in antibodies, easy to digest and adapted to the needs of a newborn. Both you and your child learn nursing more easily at this time and you get to know and understand the signals your baby is giving. 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. Regularly breastfeeding your baby stimulates 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 front of 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 its 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 until your baby can exclusively nurse at your breast.

Accept the support of your partner, your family and your friends in these first weeks. Rest whenever possible. Drink when you are thirsty (it is recommended that you drink a glass of water every time you breastfeed) 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 a lack of information and lack of support. Look for competent help from midwives, lactation consultants, breastfeeding support groups, and paediatric nurses. Your gynaecologist or paediatrician will help you, too.

Ask at the hospital for helpful addresses (www.stillen-info.de) or contact the following organisations:

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.

This information on breastfeeding for expectant mothers, which is also available in German, French, Italian, Russian, Turkish and Arabic can be ordered free of charge in the desired quantities from:

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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.

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