

Breastfeeding – a healthy start to life



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FOOD SUPPLEMENT DEVELOPED SPECIFICALLY FOR BREASTFEEDING WOMEN*

- ❁ Nutrient requirements are even higher during breastfeeding than during pregnancy.
- ❁ **Natalben®mama** helps you meet this increased need for vitamins, minerals and omega-3 fatty acids, contributing both to **your well-being** as well as to the **healthy development of your child**.



NATALBEN®mama
Quatrefolic®



A valuable partner during breastfeeding

*Food supplement to be consumed in addition to a balanced and varied diet.

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Dear reader,

Are you expecting a baby? Or have you become a parent? Then a lot will be unfamiliar to you. You probably have a few questions.

We at the Breastfeeding Promotion Switzerland are happy to support you, together with other organisations. In this brochure, you will find the most important facts about breastfeeding.

Prepared and well-informed for the breastfeeding experience: We want to encourage you to breastfeed. Breastfeeding is completely natural. Your body prepares itself during pregnancy and after birth. Breastfeeding makes your baby feel comfortable and secure. And breast milk is the best food for your baby.

Do you have questions about preparing for breastfeeding? Or about breastfeeding itself? This brochure contains useful tips and instructions. At the very end, you will also find the addresses of counselling centres and specialists.

You can also visit www.stillfoerderung.ch for further information.

Breastfeeding Promotion Switzerland



Before birth

Why breastfeed?

Breast milk is the best food for babies. Many parents know this. Healthy babies need nothing but breast milk for the first six months. Breastfeeding is healthy and convenient. Breast milk is always available and has the right temperature.

Breastfeeding strengthens the bond between mother and baby. The baby feels comfortable, and feels the mother's love and warmth. Sucking also strengthens the muscles in the baby's face and mouth.

Breast milk contains all the nutrients that the baby needs for their development. In addition, breast milk contains many other substances. These support many functions in the baby: immune defence, metabolism, development of the organs, healthy intestinal flora, hunger and satiety, sleep.

Breast milk changes during the breastfeeding period:

In the first days after birth, it contains a particularly large number of antibodies that protect the newborn.

Breast milk also changes during breastfeeding:

At the beginning, it quenches your baby's thirst. At the end, there is more fat in breast milk. This is how it satisfies your baby's hunger.

Breastfed babies have a lower risk of these diseases as adults:

- Obesity
- Heart and cardiovascular diseases
- High blood pressure

Breastfeeding also has benefits for the mother:

- The uterus returns to its normal size more quickly.
- The risk of bleeding after birth is reduced.
- Menstruation does not start again until later.
- Breastfeeding women have a lower risk of breast cancer.
- Breast milk is free.

Breastfeeding is good for the environment:
Breast milk does not generate waste.

Preparing for breastfeeding during pregnancy

Your breasts change during pregnancy. They become bigger and heavier. They are often more sensitive too. The areolas around your nipples become darker. The mammary gland tissue in your breasts grows. These glands are then responsible for producing breast milk.

You do not need to prepare your breasts and nipples for breastfeeding. But it is important to use the correct breastfeeding technique later. With the right breastfeeding technique, your nipples will not get sore.

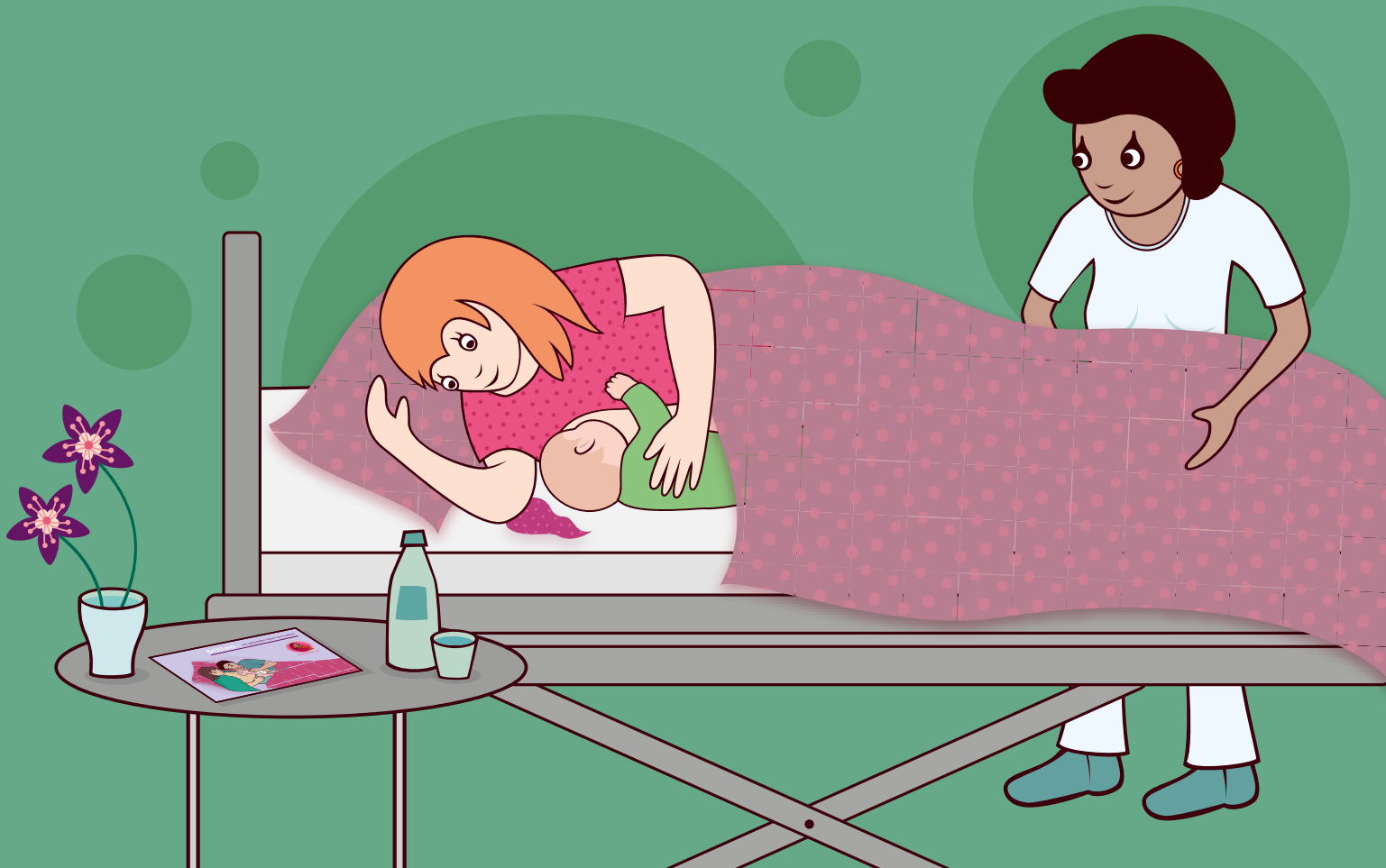
Are you unsure about anything? Are you wondering if you will be able to breastfeed with your breast or your nipple? Then contact a specialist (see page 40).

Baby-friendly hospital

«Baby-friendly hospital» is an accreditation of the World Health Organisation and the children's organisation UNICEF. Baby-friendly hospitals and birth centres are regularly assessed.

There are 10 rules:

1. The mother is prepared for breastfeeding during pregnancy.
2. The baby is placed on the mother's belly immediately after birth. The baby lies there for at least one to two hours and is breastfed for the first time during this period.
3. The mother and baby can be together all the time (rooming-in).
4. The baby receives only breast milk. The baby is not given tea, water or infant milk products, unless this is medically necessary.
5. If possible, babies are not given teats and baby bottles. There is no advertising for baby milk products.
6. The mother breastfeeds whenever the baby is hungry or wants to suckle.
7. If the mother cannot be with her baby: Someone shows her how to express breast milk.
8. The hospital gives the parents addresses of specialists outside the hospital. Parents can contact them if they have any problems or questions about breastfeeding.
9. The hospital has written rules that support breastfeeding. The mother is cared for by hospital staff who know these rules.
10. These hospital staff gets special training on breastfeeding.



After birth

The first hours

You and your baby get to know each other. You develop a close bond. This is also called «bonding».

It is nice if your partner is also present.

After the birth, the midwife puts your baby on your chest. Or you can pick your baby up yourself.

It is best if your baby lies naked on your bare upper body. This stimulates your baby's natural search reflex. Wait and have confidence: Your baby will look for your breast and find it.

Maybe the doctor needs to stitch up a birth injury. Or the midwife wants to examine your baby. The baby can still stay with you.

The midwife can also measure your baby later. The size and weight will stay the same in the first few hours.

Did you have a caesarean section? Are you and your baby alright? Then you can place your baby on your chest. Are you not feeling well enough yet? Then your partner can also hold your baby.

Also watch the film «Breast is best»:
www.stillfoerderung.ch/shortfilm



The first days

In the first few days, you and your baby will get to know each other better. You will practise breastfeeding together. This works best when you are together day and night.

This is important during the first few days:

- Stay together with your baby. This is how you get to know the signals of your baby.
- Breastfeed whenever your baby wants to.
- Touch the mouth of your baby with your nipple. Wait until your baby opens the mouth wide. Then pull your baby towards your breast.
- Let your baby take the nipple and a large part of the areola well into the mouth. Hold your baby close to your body.
- When the baby lets go of the breast after 15 to 20 minutes, switch your baby to the other breast.
- Try different breastfeeding positions (see page 14).

- Your baby must learn to suckle at your breast. Therefore, do not give them a teat or a baby bottle.
- Cuddle your baby a lot. Skin contact is important. This supports breastfeeding and strengthens the bond between you and your baby.
- Let plenty of air get to your nipples. This is good for your nipples.

These could be signs that your baby is hungry:

- Your baby is looking for your breast.
- Your baby smacks.
- Your baby touches the mouth with the hand.
- Your baby whines softly or makes other noises.

If possible, breastfeed before your baby cries.

Breastfeed on demand

After the birth, you will breastfeed your baby for the first time. You can then rest. Your baby will also want to recover.

However, wait no more than six hours for the second breastfeeding. Frequent breastfeeding promotes milk production. You can also wake your baby to breastfeed.

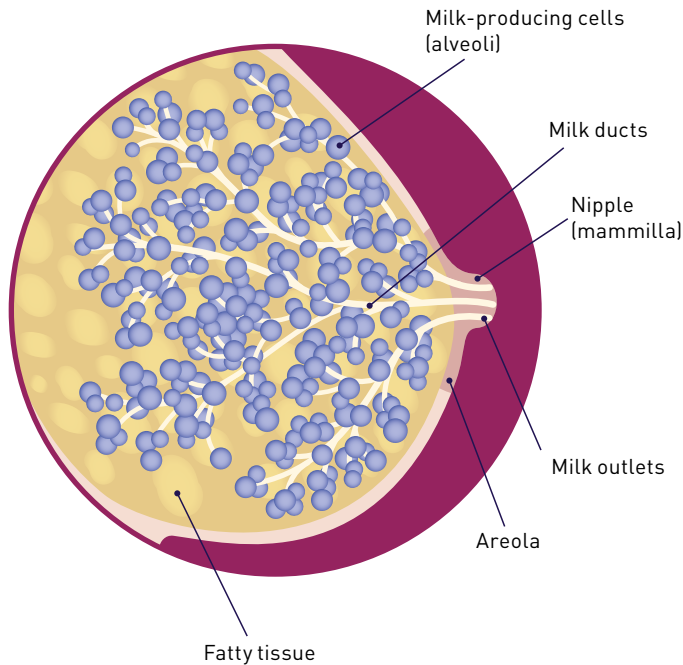
Breastfeed whenever your baby wants to. Your breast makes as much milk as your baby needs. During the first days and weeks, your baby will want to drink between 8 and 12 times a day. Rest when your baby is asleep.

Breastfeeding at night

In the beginning, your baby does not yet know the difference between day and night. Your baby will also drink and be awake at night. This might be quite exhausting for you. Get your baby used to the day-night rhythm. Talk little at night and only quietly. Turn on the light as little as possible.

How long does a breastfeeding meal last?

Every baby is different. Some drink quickly. Others drink slowly and take frequent breaks. Some babies fall asleep quickly while feeding. Wake your baby if they fall asleep after a short time.



Milk production

Your breasts begin to produce milk during the last months of pregnancy. The first milk after birth is called colostrum. The **colostrum** is important for babies. It contains lots of antibodies, proteins and minerals.

Let-down reflex

As soon as your baby sucks on your breast, your breast produces breast milk.

How does this work? Touching and sucking on your breast triggers a reflex. Nerves transmit this reflex to the brain. The brain tells the body to produce two different hormones:

- **the milk-stimulating hormone** (prolactin)
- **the milk-releasing hormone** (oxytocin)

The **milk-stimulating hormone** activates milk-producing cells in the breast. The more your baby sucks at the breast, the more breast milk your breast produces.

You feel love and affection for your baby. These feelings strengthen the bond between you and your baby.

The **milk-releasing hormone** has two functions:

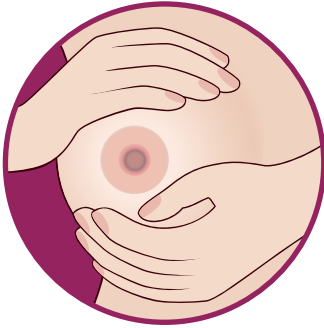
1. It makes breast milk flow through the milk ducts towards the nipples. This is known as the let-down reflex.
2. The hormone ensures that your uterus becomes smaller again. In the first few days after giving birth, you will therefore often experience after-pains as your uterus contracts.

Day by day, your body produces more breast milk. On the third or fourth day after the birth, milk production increases considerably. The breasts become larger and heavier. They may also become tight and painful. **Start breastfeeding soon after birth.** Breastfeed frequently. Take plenty of time. Then your breasts will not swell so much.

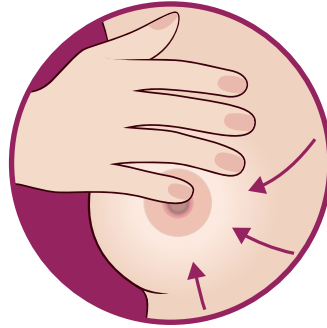
This helps with tender breasts:

- Breastfeed often and regularly.
- Massage your breasts gently before breastfeeding (see page 13).
- Massage a little milk out of your breasts just before breastfeeding. This way, there is less pressure in the breast. Your baby will be able to grasp the nipple easier.
- After breastfeeding, place a cool cloth on the breast.

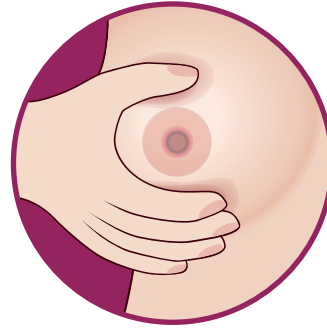
Breast massage – manually expressing milk



Place both hands on the chest and massage gently. Gently move the breast tissue back and forth. Do the same with your hands on the left and right sides of the breast.



Caress the breast from the outside towards the nipple. Also stroke across the nipple. Repeat these movements around the breast.



Place your thumb and index finger around the nipple. The other fingers lift the breast up slightly. Press your thumb and index finger against the chest.

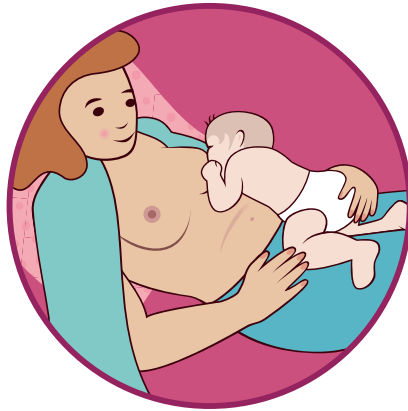


Move your thumb and fingers towards the nipple. Squeeze the fingers lightly together.

Do the same around the breast. This way, the milk flows out of the whole breast.

A professional will help you.

Breastfeeding positions



The laid back position

is comfortable and supports bonding. You lean back and your baby lies on your stomach. Your baby will usually find the nipple independently. It is a good position for the first days and weeks after the birth.



The modified cradle position

helps to guide your newborn directly to the breast. You can support the breast with your free hand. From this breastfeeding position, you can also change to the cradle position.



The cradle position

is an easy breastfeeding position. It is more comfortable for you with a pillow under your arm. This breastfeeding position is also practical when you are out and about.



The clutch position

is ideal for restless babies and for milk engorgement in the armpit area (see page 30). When your baby opens the mouth wide, you can gently and purposefully guide the baby's head to your breast.



Lying down for breastfeeding is a good position after a caesarean section or a birth injury. But also at night when you want to rest. Your child might fall asleep during this.

A comfortable place to breastfeed

When your child indicates being hungry: Get ready to breastfeed quickly. Put a glass of water or unsweetened tea next to you. Make yourself comfortable. In the beginning, it is easier if you breastfeed bare-breasted. Wear an open top so you don't feel cold.

Belly to belly

Hold your baby close to you, with the baby's belly touching yours. The baby's ear, shoulder and hip should be on one line. Hold your breast with your free hand. The baby's nose and your nipple should be at the same level.

The midwife and nursing staff will assist you.

The baby's search reflex

The baby might turn the head away. Touch the baby's cheek with your nipple. Wait a moment. Your baby will automatically seek your breast. This is a natural reaction also called the search reflex.

Gently touch your baby's lips with your nipple. Your baby will automatically open the mouth. When the baby's mouth is wide open, quickly guide the baby to your breast.

The baby should take the whole nipple and a large part of the areola deep into their mouth. Your baby will start to suck.

The upper and lower lips are visible. Continue to hold your baby belly to belly.

Bringing the baby to the breast



Mummy has something delicious for you.



The baby looks for the nipple.

The mouth is wide open, the baby's head moves back and forth.

The mother quickly pulls the baby close.



Slowly, the baby opens their fists and relaxes.

Your baby is suckling properly if:

- The baby's mouth is wide open.
- The baby's lips are turned outwards.
- The baby's nose and chin are touching your breast.
- You can hear and see the baby swallowing.
- The baby is lying relaxed and their fists open slowly.
- There may be a brief pain when the baby starts suckling. But it soon disappears. If you feel pain all the time, your baby is probably positioned incorrectly.
- Some women feel a brief twinge or tingling when the milk starts to flow.

For the first three to five days after the birth, your uterus contracts during breastfeeding. These are post-birth contractions. They are a sign that the baby is suckling properly.

Sore nipples

Breastfeeding can irritate your nipples. They can become red, sore and painful.

Here is what you can do about it:

- Let the last drop of milk dry on your nipple after breastfeeding.
- Release the baby from the breast if it hurts. Put a finger in the corner of the baby's mouth. This is how you release the vacuum. Bring your baby to the breast again.
- Always check your breastfeeding position. Also check that the baby has the nipple and a large part of the areola deep in their mouth.

The first weeks

A baby will change your life and your day-to-day routine. Your days will be organised around breastfeeding. Breastfeed whenever your baby wants to. But also when it is good for you, such as if you feel pressure in your breasts due to a lot of milk.

Help with day-to-day life

Ask someone for help for the first few weeks after the birth. They can do the shopping and cooking or otherwise help around the house.

Arrange to meet other families as well. You can meet mothers with babies at postnatal gymnastics classes, baby massage classes or breastfeeding meetings.

Rest and take time for yourself when your baby is sleeping.

Getting help with depression

Being a mother creates strong feelings: beautiful ones, but also difficult ones. About 15% of mothers experience depression after giving birth.

Or do you often have negative thoughts or feel overwhelmed? Then seek help from your doctor or from the «Postpartale Depression Schweiz» association (page 41).

Eating healthy

Make sure you eat a variety of foods. Eat what is good for you and your baby. Drink water and unsweetened tea. Have a large glass ready for breastfeeding. Vitamins and minerals are also important for you: Eat fruit, vegetables and salad every day.

You can find more information in the brochure «Nutrition during pregnancy and breastfeeding»:
www.stillfoerderung.ch/shop

Is my baby getting enough milk?

Is your baby healthy? Is your baby drinking enough? Do you breastfeed as often as your baby wants? Then your baby won't need any additional food for the first six months. Breast milk contains every-thing your baby needs during this phase (except vitamin D).

Your baby will not always drink the same amount: In summer, your baby will drink more often, but not as long. This quenches your baby's thirst.

As your baby grows, your baby will become hungrier. And your baby will also drink more often. But you always have enough milk. Suckling frequently stimulates the production of milk. After about two days, your breastfeeding rhythm will be back to normal.

Signs that your baby is getting enough milk:

- Your baby has five to six wet nappies a day. Your baby has bowel movements several times a day during the first six weeks.
- After breastfeeding, your baby is usually content and relaxed.
- Your baby looks healthy: Your baby has a healthy skin colour and elastic skin.
- Your baby is active and interested.

Condition: Your baby drinks only breast milk.

The father is important too

The first weeks are also important for your baby's father.

If the father cares for his baby from the beginning, he will quickly become more confident and develop his own relationship with the baby.

Read more in the leaflet «Father-baby relationship»:
www.stillfoerderung.ch/shop



Crying, the baby's language

Always respond to the baby's crying.
Crying does not always mean hunger.
It can also mean: I need to be held.

This is how you or your partner can soothe your baby:

- Put your baby on your naked upper body.
- Carry your baby in a carrier.
- Caress, massage or bathe your baby.
- Sing a song softly to your baby.

Have you tried everything? But nothing helps?
Are you nervous and tense? Put your baby to bed.
Calm yourself down.

You must never hit or shake your baby! Otherwise
your baby could suffer a shaking trauma. Your
baby could even die from it.

Seek help first, such as from someone you trust.
Or call the emergency helpline for parents
(see page 40).



Changes to your body

It takes several months for your belly to return to a smaller size after giving birth. After about a year, you will probably be back to your weight before the pregnancy.

Breastfeeding contributes to this physical change. But healthy eating, exercise and gymnastics also help. Postpartum gymnastics strengthens the abdominal muscles and the pelvic floor.

Simple exercise for the pelvic floor

Do this exercise twice a day:

- Tighten your pelvic floor muscles (as if you were holding in your urine or a tampon). Hold the tension for 10 seconds.
- Relax your pelvic floor muscles again.
- Repeat this 10 times.

Simple exercise for the abdomen

- Draw your abdomen in and hold the tension.
- Relax your abdominal muscles again.
- Repeat this exercise 20 times.

Sport is also good for breastfeeding mothers:

- Start with postnatal gymnastics.
- Go for a walk every day for at least 30 minutes.
- Walk a little longer each day.
- About six to eight weeks after the birth, you can start fitness training: cycling, swimming, fast walking, dancing.
- Wear a sports bra.
- Breastfeed before exercise if possible.
- Drink water or unsweetened tea.

Information about pumping

Out and about

If you want to go out, just take your baby with you. You always have your baby's food with you. Make sure you wear practical clothes: This makes breastfeeding on the go easier.

Breastfeeding is allowed everywhere. Find a quiet place to breastfeed where no one smokes. You can use the app mamamap.ch to find a good place to breastfeed.



mamamap.ch

Would you like to go out without your baby?
Then ask a trusted person to help.

Are you going to be away for more than two or three hours? You can pump or express the breast milk for this time in advance (see p. 13).

Use a clean glass or cup with a lid for the breast milk. Clean it in boiling water first.

Your baby gets the milk when they are hungry. Either with a small cup or spoon. Or with a baby bottle. Only use a bottle when your baby has learned to breastfeed well.

You can store expressed breast milk

- at room temperature (16–29 °C) for 3 to 4 hours
- in the fridge (colder than 4°C) for 3 days
- in the freezer (colder than minus 17°C) for 6 months

You can freeze the breast milk in small portions in the freezer.

Thaw the breast milk when you need it.

Caution: Do not refreeze thawed breast milk.



Information about pumping

Breastfeeding and working

Do you have a job? Try to get long maternity leave.

As a working mother, you are allowed to breastfeed or express milk at work. Your employer must provide you with a room to breastfeed or pump. There must also be a fridge to store breast milk in.

Breastfeeding breaks are considered **working time** until the child is one year old. Talk to your employer about breastfeeding breaks at an early stage.

To prepare, consult a professional in good time.

More information is available at www.stillfoerderung.ch/am_arbeitsplatz or by e-mail from contact@stillfoerderung.ch



Or from SECO (see page 41).



Difficulties when breastfeeding

In the beginning, breastfeeding may be more complicated and painful than you thought. It is important that you get help and advice early on.

Ask your midwife or a breastfeeding counsellor. Your health insurance will pay for home visits of your midwife and up to three breastfeeding consultations with a lactation consultant. These are nurses, midwives or doctors with additional training in breastfeeding. Do you need more than three breastfeeding counselling sessions? Ask your health insurance provider if they will pay for more sessions.

You can get free breastfeeding counselling from La Leche League.

The addresses of professionals can be found on page 40.

Sore nipples

In the first few weeks, your nipples may be sensitive. This is common. But do you have sore or cracked nipples for several days and feel a lot of pain when breastfeeding? Then something isn't right.

Maybe you are not bringing your baby to the breast properly. Or your baby is not latching on properly.

Don't give up breastfeeding right away – seek advice from your midwife or lactation consultant.

What to do if you have sore nipples?

- Show a midwife or lactation consultant how you breastfeed.
- Wash your hands before touching your breast.
- Continue breastfeeding if possible.
- Breastfeed for less time, but more often. This will help your nipples get used to breastfeeding.
- Bring your baby to your breast at the first sign of hunger. If you wait too long, your baby will be too hungry and impatient. Latching on will then be more difficult. Try to breastfeed in the laid back position.
- **Before breastfeeding:** Massage your breast. This helps the milk to flow better. This will make latching on less painful.
- Try out different breastfeeding positions. This will protect your nipples.
- When you remove the baby from your breast: Put a finger in the corner of your baby's mouth. This will release the vacuum.
- **After breastfeeding:** Let some breast milk dry on your nipple. Breast milk will help it to heal quicker.
- Use nursing pads only when necessary. Change nursing pads frequently.
- Are you in too much pain when breastfeeding? Then massage out the breast milk by hand for a day (see page 13) or pump the breast milk gently with a breast pump.
- Nipple shields are rarely necessary. Ask a specialist.

Difficulties when breastfeeding

Fungal infection (thrush)

Do your nipples itch and burn? Do you feel a sharp pain during breastfeeding? Then you may have a fungal infection. This is called thrush. You will sometimes see white patches in your baby's mouth or on their tongue. Sometimes you will see a rash on the skin that is covered with the nappy.

Wash your hands with soap: before and after breastfeeding and before and after changing nappies.

Boil the baby's teat in water for 10 minutes every day.

Thrush is not dangerous. Continue breastfeeding if possible. But: You and your baby need treatment. Take your baby to a doctor.

Breast engorgement

Does a part of your breast feel hard? Does it hurt when you touch it?

Do you feel a lump under the skin?

This may be an engorgement: There is milk in the milk ducts that cannot drain.

This helps with an engorgement:

- **Before breastfeeding**, place a damp, warm cloth on your breast. Leave the cloth on for 10 minutes.
- Massage your breast with circular movements.
- Bring your baby to the breast. If possible, have the baby's lower jaw pointing towards the painful area. This position will help you empty the blocked milk ducts.
- Breastfeed more frequently, about every two hours.
- Always give your baby the breast with the engorgement first.

- **After breastfeeding**, place a damp, cold cloth on the breast. Leave it for 15 to 20 minutes.
- Avoid tight clothing. If you carry your baby in a carrier, your baby's head should not press against your breast.
- Rest and avoid stress. Ask someone to help around the house.
- If the breast is not better after 24 hours, contact a specialist (see page 40).

Mastitis

Does a part of your breast feel hot? Is the skin on that part red?

Do you feel tired and exhausted? Do you have a fever and a headache?

Mastitis feels similar to the flu. In addition you will also feel pain in your breast. If you have these symptoms, contact a specialist (see page 40).

Mastitis must be treated. Important: Breastfeed frequently, about every two hours. You can usually continue breastfeeding even if your doctor gives you medicine.

Stay in bed. **Before breastfeeding**, put a warm cloth on your breast. **After breastfeeding**, put a cold cloth on the breast.

Difficulties when breastfeeding

Amount of milk

Your body may produce too much milk at once. The problem often goes away after the first few weeks of breastfeeding. Maybe your baby is already full after the first breast.

Then massage the milk from the other breast (see page 13) or pump the milk with the breast pump. But only pump as much as is needed to stop the breast from engorging. Wear a bra that fits well.

Your baby will drink as much as they need. Your body produces as much milk as your baby needs. When your baby is very hungry, your baby will drink more often and a bigger amount. The breast then produces more milk.

Are you unsure about anything? Do you think you might not have enough milk? Is your baby not gaining enough weight? Then contact a specialist (see page 40).



Medication

Do you need medication while breastfeeding?
Tell your doctor that you are breastfeeding.

Alcohol

Do you like to drink alcoholic beverages occasionally?
Drink a maximum of 1 deciliter of wine or 3 deciliters of beer. This way, very little alcohol goes into your breast milk. This is not harmful for your baby.

Coffee

Two to three cups of coffee or black tea per day is okay. Note: Too much coffee and black tea can make your baby restless.

Smoking

Mothers who smoke often produce less milk. Smoking and nicotine are not good for your baby. Your baby may become restless, vomit or have diarrhoea. The risk of an allergy or respiratory illness also increases.

It is important that your child grows up without smoke. Do not smoke in the home. Ask others not to smoke around your child.

Recreational drugs

Recreational drugs pose a double risk to the child:

1. Drugs get to the baby through the mother's milk. They are dangerous for your baby.
2. A mother on drugs is less attentive. She may take less care of her child.

You can find more information at
www.stillfoerderung.ch/faq



Special situations

Have you become parents of twins? Was your baby born by caesarean section? Was your baby born prematurely? Is the baby sick or does the baby have an impairment?

You can still breastfeed in these special situations. Directly after birth and later, physical contact is especially important. Place your baby skin to skin on your upper body. Most hospitals and clinics support this. Your baby loves your warm skin. Your baby learns how you smell. Your voice is also soothing, so talk and sing to your baby.

Is your premature baby too weak to suckle after birth? Then start pumping your milk in the first 24 hours. Your body will produce milk. Your baby can learn to suckle when they are ready.

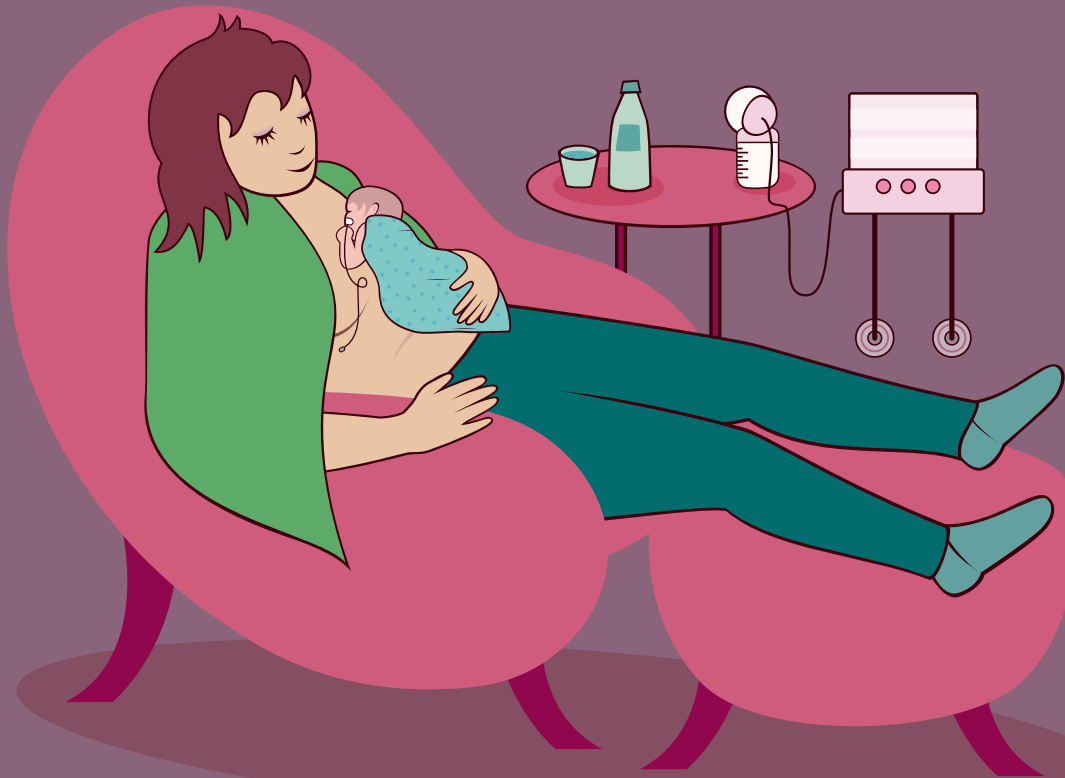
In these special situations, you need additional support.

Let a lactation consultant or midwife help you.

Spend as much time as possible with your baby.

Watch the film «Breastfeeding premature babies»:
www.stillfoerderung.ch/premature





From baby to toddler

Food for your toddler

In addition to breastfeeding, you can start giving your baby other food from the fifth month at the earliest. This food is called complementary food (solids). The baby needs complementary food from the seventh month at the latest.

Your baby will start to take an interest in your food. Your baby will reach out towards your plate.

Continue breastfeeding, even if your baby is now getting complementary food. Give your baby breast milk first and then some complementary food. You can continue breastfeeding for as long as you and your baby want.

Your baby will now also want to drink water from a sippy cup or a mug. Only give them drinks without sugar.



Complementary food for children at risk of allergies

Do you or your baby's father have any allergies? This increases the risk that your baby will also develop an allergy later on. Nevertheless, start giving your baby complementary food from the seventh month at the latest. You do not have to avoid any foods.

You can find more information in the brochure «Feeding infants and young children»:
www.stillfoerderung.ch/shop

Your child needs exercise

Starting from the seventh month, babies begin to crawl on the floor. Some babies learn this quickly, others more slowly. Progress varies from child to child.

You can help your baby to crawl:

- Provide space for crawling.
- Sometimes put your baby on their tummy, and other times on their back.
- Put a toy near your baby.
- Sit on the floor with your baby.

Don't leave your baby in a baby swing or car seat for too long. Your baby can't move well in it and will be in the same position for too long.

How long can you breastfeed?

The World Health Organization (WHO) recommends: Breastfeed until your child reaches two years, or for longer. In the first six months, only feed your baby breastmilk.

Paediatricians in Switzerland recommend: Do not give your baby complementary food for the first time before the fifth month and no later than the seventh month. It is good to continue breastfeeding as long as you and your baby want to.

Do you want to stop breastfeeding? First think about whether you really want to stop breastfeeding completely. Try to wean slowly: Only give your baby the breast when they ask for it. This way, breastfeeding will gradually become less frequent.

Are you unsure about anything?

Do you have any questions about weaning?

Contact a specialist (see page 40).

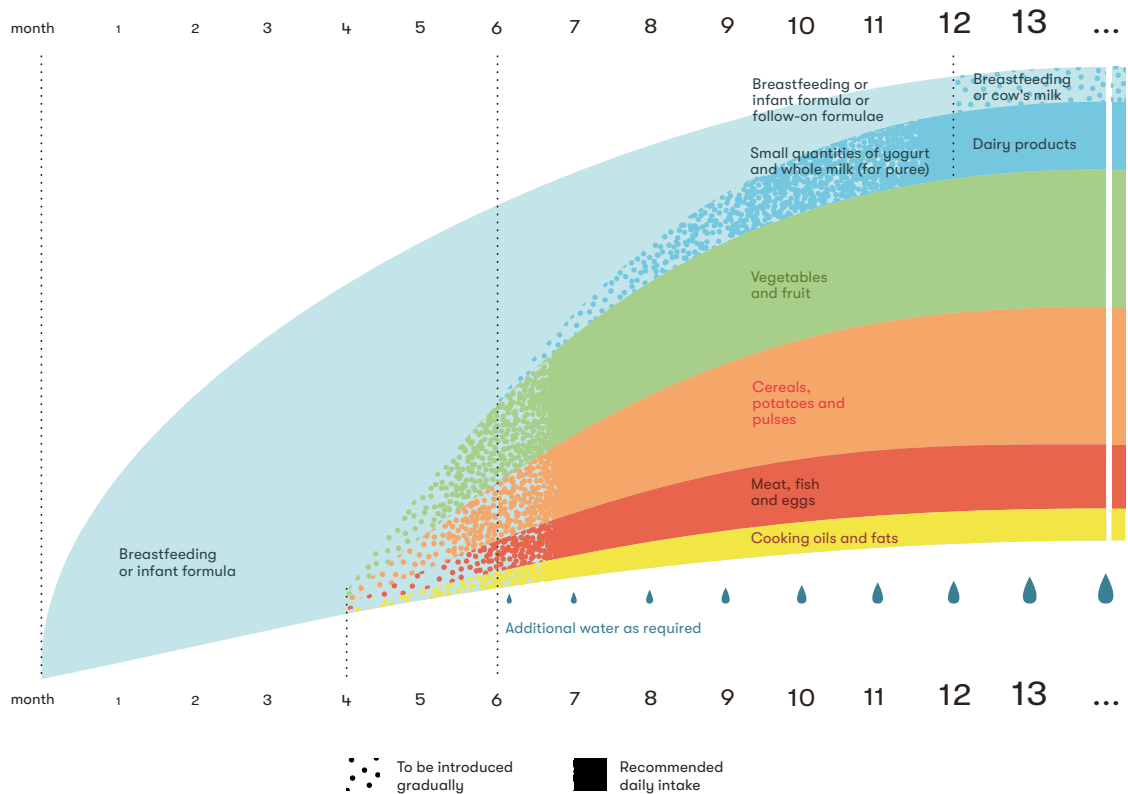
If you are not breastfeeding

Your child can also grow well using infant milk products and a baby bottle.

Infant milk gives your baby what they need.

Bottle-feeding also strengthens the bond with your baby. The baby feels your warmth and love. Look your baby in the eye. Speak softly to your baby. Always choose a suitable place and take your time.

Introducing foods to infants



If you have any questions about breastfeeding, contact a specialist. Your Health insurance will pay for three breastfeeding counselling sessions. You can get free breastfeeding counselling from the La Leche League and from the Mother and Father Counselling Centre.

Help and information are available from the following sources:

Lactation consultants IBCLC/BSS/CAS

Berufsverband Schweizerischer
Still- und Laktationsberaterinnen (BSS)
Tel. 077 533 97 01
office@stillen.ch; www.stillen.ch

Midwives

Schweizerischer Hebammenverband (SHV)
Tel. 031 332 63 40
info@hebamme.ch; www.hebamme.ch

Your doctor



La Leche League

La Leche League Schweiz (LLL CH)
Tel. 044 940 10 12
info@lalecheleague.ch; www.lalecheleague.ch

Nurses

www.curacasa.ch/find

Advice for parents

Schweizerischer Fachverband Mütter- und
Väterberatung (SF MVB)
Tel. 062 511 20 11
info@sf-mvb.ch; www.sf-mvb.ch

Emergency helpline for parents 0848 35 45 55

24-hour help and consultation

Websites with further information

www.stillfoerderung.ch

Information about breastfeeding

www.stillfoerderung.ch/shortfilm

Short film «Breast is best»

www.mamamap.ch

App to find public places for breastfeeding

www.swissmom.ch

Information about pregnancy and babies

www.swiss-paediatrics.org

Health-related information

www.pekip.ch

Exercise for infants (Prager parent-infant programme)

www.gesundheitsfoerderung.ch

Tips on nutrition and exercise

www.hepa.ch

Information and tips on exercise

www.seco.admin.ch

Information about maternity

www.unicef.ch

List of baby-friendly hospitals

www.postpartale-depression.ch

Information and help

Useful books (German only)

- **Das Handbuch für die stillende Mutter:** La Leche League Schweiz, Postfach 197, 8053 Zurich
- **Stillen:** Márta Guóth-Gumberger and Elizabeth Hormann, GU Ratgeber Kinder, Gräfe und Unzer Verlag, Munich
- **Stillen, Job und Family:** Gale Pryer and Kathleen Huggins, La Leche League Schweiz, PO Box 197, 8053 Zurich
- **Stillen ohne Zwang:** Sybille Lüpold, rüffer&rub Sachbuchverlag, Zurich
- **Kinderernährung gesund und praktisch:** Marianne Botta Diener, Beobachter Ratgeber, Zurich
- **PEKiP: Babys spielerisch fördern,** GU Ratgeber Kinder, Gräfe und Unzer Verlag, Munich
- **Beckenbodentraining – Entdeckungsreise zur weiblichen Mitte:** Yvonne Keller, Judith Krucker and Marita Seleger
- **Neuland – Sachcomic zum Thema Stillen und Wochenbett:** Kati Rickenbach and Verena Marchand, Careum Verlag, Zurich

Breastfeeding Promotion Switzerland

Breastfeeding Promotion Switzerland is an official information source. It helps to ensure optimum legal and social conditions for breastfeeding, and that everyone supports breastfeeding – medical professionals, politicians and parents.

Breastfeeding Promotion Switzerland is financed by the Swiss government, the cantons and health associations.

The following organisations support Breastfeeding Promotion Switzerland:

- Berufsverband Schweizerischer Still- und Laktationsberaterinnen (BSS)
- Federal Office of Public Health (FOPH)
- Federal Food Safety and Veterinary Office (FSVO)
- Gesundheitsförderung Schweiz
- UNICEF Switzerland and Liechtenstein Committee
- La Leche League Schweiz (LLLCH)
- Public Health Schweiz
- Schweizer Berufsverband der Pflegefachfrauen und Pflegefachmänner (SBK)
- Schweizerische Gesellschaft für Gynäkologie und Geburtshilfe (SGGG)
- Schweizerische Gesellschaft für Pädiatrie (SGP)
- Schweizerischer Hebammenverband (SHV)
- Schweizerischer Fachverband Mütter- und Väterberatung (SF MVB)
- Schweizerischer Verband der ErnährungsberaterInnen (SVDE)
- Swiss Red Cross (SRC)
- Verbindung der Schweizer Ärztinnen und Ärzte (FMH)

Kati Rickenbach

Neuland

Sachcomic zum Thema Stillen und Wochenbett



Ein Leben mit Baby

Die Geburt eines Babys ist wie eine Reise in ein neues Land. Im Comic «Neuland» erleben Louise und Tom die Geburt ihrer Tochter Anna. Und die Freuden und Sorgen als Familie. Mit Witz und Gefühl beschreibt der Comic die ersten Wochen nach der Geburt. Und das neue Leben als Familie. Der Comic behandelt alle wichtigen Fragen rund ums Stillen. Dem Comic beigelegt ist ein praktischer Ratgeber zum Stillen und zu den ersten Wochen nach der Geburt.

«Eine praktische und sachkundige Hilfe für stillende Mütter.»

Dr. med. Nicole Pellaud, Präsidentin
Schweizerische Gesellschaft für Pädiatrie

«Dieser Comic ist eine gelungene Art, das Thema Stillen mal neu und zeitgemäss zu verpacken. Wirklich empfehlenswert.»

Sabrina Ramsauer, Präsidentin Berufsverband
Schweizerischer Stillberaterinnen IBCLC

«Das ideale Informationsmedium für die junge Familie.»

Dr. Franziska Krähenmann, Gynäkologin,
Stillberaterin IBCLC, Universitätsspital Zürich

«Wissenswertes und Praktisches rund ums Stillen wird hier auf anschauliche und humorvolle Art nähergebracht.»

Norina Wihler, Präsidentin La Leche League
Schweiz

«Eine wertvolle und obendrein vergnügliche Hilfe für stillende Mütter und junge Väter. Die humorvoll erzählte Geschichte ist alltagsnah, einfühlsam und sachkundig.»

Barbara Stocker Kalberer, Hebamme MSc,
Präsidentin Schweizerischer Hebammenverband

«Auch beim dritten Kind für mich eine sehr informative und spannende Lektüre. Die Geschichte erzählt genau, wie es ist.»

Yvonne Wolfer, dreifache Mutter

Weitere Informationen sowie Bilder und Leseproben unter www.stillfoerderung.ch/neuland
Bestellen unter www.stillfoerderung.ch/shop

Thank you

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