

SIMPLESTBABY™
Breastfeeding Essentials

Practical tips and advice to get you start with breastfeeding

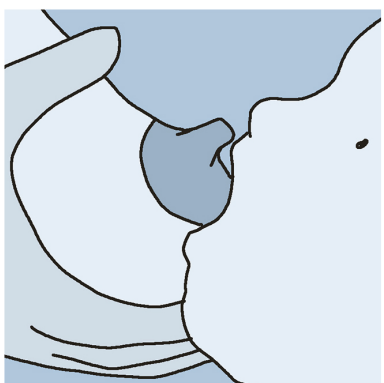
Getting a Good Latch

One of the most important things to in breastfeeding is having a good latch.



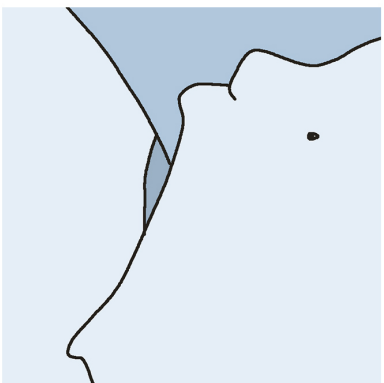
STEP 1

Position your baby so he is directly facing you, with their tummy against yours. Then slowly bring baby's chin to your breast.



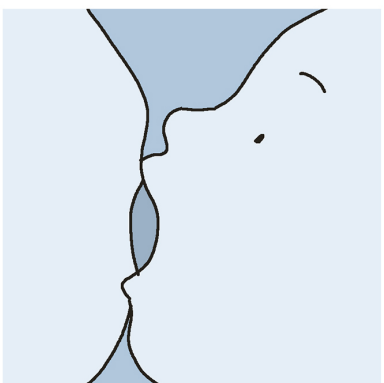
STEP 2

Place your thumb and fingers around your areola and bring baby to your breast. Place the nipple between baby's upper lip and nose. With your nipple pointed at baby's nose, tilt back your baby's head slightly, then tickle baby's upper lip with your nipple to encourage baby to widely open his mouth.



STEP 3

When your baby opens his mouth wide with the chin dropped and tongue down, you can begin putting your breast into baby's mouth. Begin by placing baby's lower jaw, well below the nipple. The nipple should be angled towards the roof of baby's mouth.



STEP 4

Tilt baby's head forward, and roll the breast fully into baby's mouth. Baby's upper jaw should be deeply on the breast. Make sure baby takes the entire nipple and at least 1 1/2 inches of the areola into the mouth. Be sure nothing is blocking baby's nose.

Boosting and Improving Milk Production



NURSE / PUMP OFTEN

This stimulates the production of milk



PROBIOTICS

Eating probiotics can help baby's development



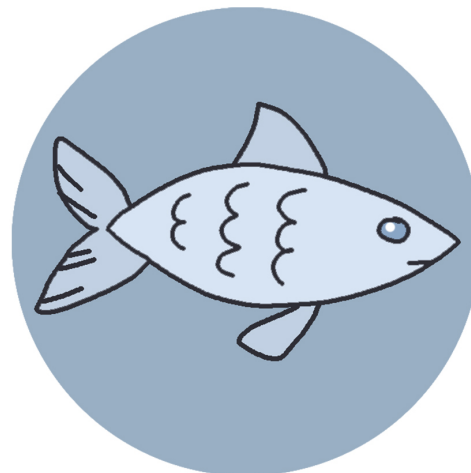
EAT RIGHT

Certain foods help increase milk production
Oatmeal
Flax Seed
Brewers Yeast
among others



STAY HYDRATED

Staying well hydrated is very important for milk production



OMEGA-3

Eating foods rich in omega-3

For more practical advice and tips on breastfeeding get *The Simplest Baby Book in the World*



CRADLE HOLD

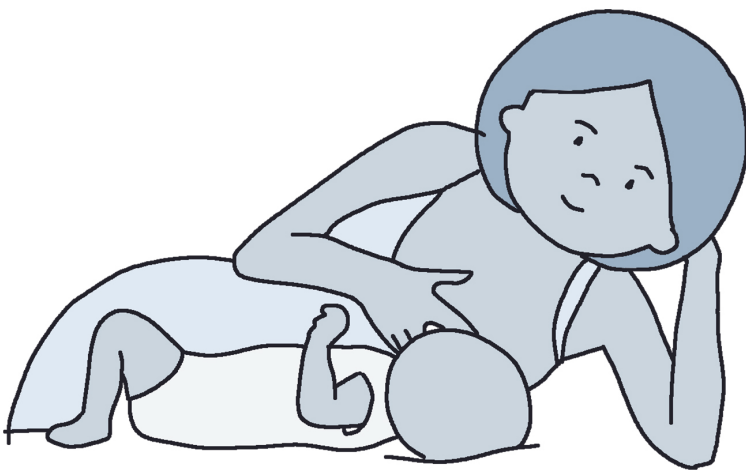
This is one of the most common breastfeeding positions.



CROSS CRADLE HOLD

Good for newborns and young babies as it provides a bit more support.

SIMPLESTBABY™ Top Breastfeeding Positions



SIDE-LYING HOLD

Can be a relaxing position for mother and baby



FOOTBALL HOLD

Maybe a more comfortable position if you are recovering from a c-section

Tips for Soothing Sore Breasts

1

Use moist heat on your breasts for a few minutes or take a brief hot shower before breastfeeding. This may help the milk begin to flow. *Note: Use of heat for extended periods of time (more than five minutes) may make swelling worse.*

2

Use cold compresses for 10 minutes after feedings to reduce swelling.

3

Gently massage and compress the breast when the baby pauses between sucks. This may help drain the breast, leaving less milk behind.

4

Ask your health-care professional about medications such as ibuprofen to reduce pain and inflammation.

5

Consider getting a well-fitted, supportive nursing bra.

6

Gently massage the breasts, which may help improve milk flow and reduce the discomfort of engorgement.

7

Hand expression or brief use of a breast pump may help soften the nipple and areola so that the baby can get a better latch.

QUICK TIP

When removing the breast from baby's mouth, don't just pull it out. Using a clean finger, insert it into baby's mouth between their gums to break the suction and slowly remove the breast.

For more practical advice and tips on breastfeeding get ***The Simplest Baby Book in the World***

SIMPLESTBABY™

Simplest Baby, is perhaps the clearest, most user-friendly, illustrated grab-and-do guide, making learning the baby basics easier.

WHAT WE DO: Curate—Vet—Distill—Organize

CURATE

We review all the current information on baby care and carefully select the key fundamentals and practical advice, tips and know-how that will help parents with their daily care of their little one.

VET

We work with the ones who know best, Doctors, Nurses, Nannies, Caregivers, and Parents to review the information, insuring that its sound, reliable and the best practices.

DISTILL

We then reduce that information to its essentials by discarding the unnecessary and overly wordy, so it's easier to understand and apply.

ORGANIZE

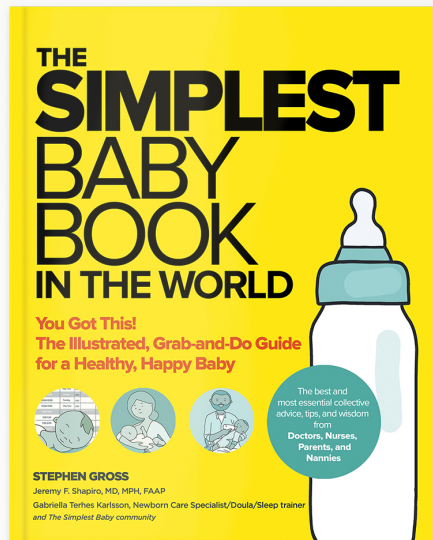
These essential nuggets of information are then designed so that the key points are expressed in a fresh, clear and entertaining way. This graphic approach makes the information simple to follow and grasp.

Discover more practical advice, tips and solutions at:

www.simplestbaby.com

The new must-have parent resource!

Honestly, having a baby can be complex and stressful. *The Simplest Baby Book* makes bringing up baby easier, reduces the stress, and helps you gain the confidence to raise a healthy, happy baby, so you can spend more time enjoying what is one of the most magical experiences of your life.



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DADDY HACKS

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