

Proper Technique & Positions

The most important part of successful breastfeeding is the latch.⁵ A proper latch ensures not only successful feedings, but can also prevent discomfort. Finding a comfortable position is also vital for successful feeds.

Positions^{5,6}



Cradle Position

This position is most commonly used after the first few weeks. Cradling your baby at nipple height on your forearm can be made easier by using a pillow.



Cross-cradle Position

In the first couple weeks most mothers find this position useful. With the baby's legs to the mother's side, the mother uses one arm to hold the baby across her lap.



Football Position

Many newborns are comfortable in this position and is good for mothers who have had a Cesarean section.



Side-Lying Position

Most mothers find this comfortable, especially for feeding at night. Both you and your baby are lying down on your sides. A pillow behind your baby can prevent rolling away.

Resources & References

Helpful Resources

Find a local, La Leche League Group
<http://www.llli.org/webindex.html>

Video of Breastfeeding Tips
http://www.babycenter.com/2_10-tips-for-breastfeeding-success_10326780.bc

References:

1. Samour, Patricia Queen., and Kathy King. Pediatric Nutrition. 4th ed. Sudbury, MA: Jones & Bartlett Learning, 2012. Print.
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3. "Benefits of Breastfeeding." Healthy Milk, Healthy Baby. National Resources Defense Council, Mar. 2005. Web. Mar. 2015. <<http://www.nrdc.org/breastmilk/benefits.asp>>.
4. "Artificial Infant Formula Prices." Cost Comparison of Infant Feeding Choice: Formula vs Breastmilk . Apr. 2015. Web. Mar. 2015. <<http://www.flbreastfeeding.org/cost.htm>>
5. "It's All About the Latch." American Pregnancy Association, Jan. 2012. Web. Mar. 2015. <<http://americanpregnancy.org/first-year-of-life/latch/>>.
6. "How do I Position my Baby to Breastfeed?" Resources. La Leche League International. Nov. 2016. Web. Mar. 2015. <<http://www.llli.org/faq/positioning.html>>

"Breastfeeding is a gift that lasts a lifetime."

- Author Unknown

"Latch" on to the Benefits of Breastfeeding



Paul Halloran,

Graduate Food and Nutrition Student at

Framingham State University

Pediatric Nutrition, Spring 2015

Get the Facts

Both the American Academy of Pediatrics and the Academy of Nutrition and Dietetics recognize breastfeeding as the best source of nutrition for infants.¹ Despite this, breastfeeding tends to get a bad reputation. Many mothers choose not to breastfeed since it is perceived as being time consuming and uncomfortable. Getting the facts will help you make a decision that is best for you and your baby. Making an informed decision involves the baby's father and other family members, but the choice is ultimately yours.

Benefits to Mom

While most education on breastfeeding focuses solely on the benefits for the baby, this pamphlet will discuss the benefits to both your baby and you, the mother as well. Short- and long-term benefits include:

Short-term²

Decreased risk of iron-deficiency anemia — Breastfeeding leads to the release of oxytocin delaying the return of a mother's menstrual period. Bottle-feeding mothers typically get their periods back within six to eight weeks, breastfeeding mothers can stay amenorrheic for several months. The amount of iron a mother's body uses for breastmilk production is less than losses of menstrual bleeding.

Weight loss — Milk production is a calorically demanding process. Breastfeeding mothers have an edge on losing weight gained during pregnancy. Studies suggest that non-breastfeeding mothers lose less weight and don't keep it off compared to breastfeeding mothers.

Blood sugar levels — Mothers with a history of gestational diabetes who breastfeed have lower blood sugars than non-breastfeeding mothers. Mothers with Type I diabetes prior to becoming pregnant may need less insulin while they breastfeed due to their reduced sugar levels.

Benefits to Mom (Continued)

Long-term^{2,3}

Heart health — According to the Centers for Disease Control, heart disease is the leading cause of death in women. Breastfeeding mothers tend to have higher HDL, or "good" cholesterol levels compared to bottle-feeding mothers. In addition to weight loss and improved blood sugar control, good cholesterol profiles provided by breastfeeding may lower a mother's risk of heart problems.

Osteoporosis — Breastfeeding may reduce a mother's risk of developing osteoporosis. Although mothers have a loss in bone-mineral density during breastfeeding, these levels are replenished and even increased after lactation.

Cancers — Women who lactate for a total of two years or more, reduce their chances of developing breast cancer by 24%. These mothers have also been shown to be less likely to develop uterine or ovarian cancer.

Empowerment — Having the ability to provide all of the nutrients her child needs can provide the mother with a sense of confidence.

Mental health — A mother's emotional health may be enhanced through the relationship she forms with her infant during breastfeeding. This can result in fewer feelings of anxiety and a stronger sense of connection with her baby.

Economic benefits — Breastmilk is free! Its composition is generally stable regardless of the mother's diet and changes to meet the needs of the growing infant. Women who breastfeed avoid the financial burden associated with buying infant formula, which can cost \$1,424 a year, for powdered formula and as much as \$2,836 for ready-to-use liquid formula.⁴

Benefits to Baby

Nutrition during infancy is important to promote proper health, growth, and development.¹ Breast milk is produced by the mother's body to meet the specific needs of her baby. The benefits of breastfeeding for the infant include:

Short-term³

Immune health — Breastfeeding strengthens the infant's immune system.

While nursing, the mother passes antibodies through her milk which help the child resist diseases.

SIDS — Breast-fed infants are observed to have a decreased risk of Sudden Infant Death Syndrome (SIDS).

Protection from allergies — A review of 132 studies concluded that breastfeeding appears to help protect children from developing allergies. The effect seems especially strong for children whose parents have allergies.

Long-term

Dental Health — Breast-fed infants tend to have fewer cavities throughout their lives compared to bottle-fed counterparts.

Risk for obesity — This topic remains controversial. Many variables make it difficult to determine if breastfeeding alone is protective against obesity. However, many studies have revealed that formula-fed infants tend to outgrow breast-fed infants within two to three months of age.

Satiety — Infants put to the breast may learn how to self-regulate intake compared to formula-fed infants. Formula-feeding caregivers may continue to feed until the formula is gone, not allowing for the infant to experience satiety.