

Laboratoire

**FRANCE
LAIT**[®]

⇒ you can trust it ⇐



BREASTFEED

with confidence

Nature is well designed: your breast milk fully covers your baby's needs. When you breastfeed, you are sure to give your baby what is best for her, month after month.

The World Health Organisation (WHO) recommends that infants initiate breastfeeding within the first hour of birth and be exclusively breastfed for the first 6 months of life, continuing to breastfeed for up to 2 years of age or beyond.

Because every baby is unique, every breastfeeding experience will also be different, but you're not alone. The healthcare professional who follows you or your child can advise you. Don't hesitate to ask for support.

Good to know:

Breastfeed your baby on demand, without worrying about the number or length of feeds, especially during the first few days. She will settle into a rhythm and will feed 8 to 12 times a day on average.

Feeds may range from 10 minutes for quicker babies to forty-five minutes for slower ones.

Your baby will feed depending on her appetite and your breasts will produce milk according to her needs. Leave her on the breast as long as she is suckling effectively.

BREASTFEEDING POSITIONS

There is no ideal breastfeeding position. What matters is for you to be comfortable and for your baby to suckle easily. Don't hesitate to use a nursing pillow if you need one.

To help you choose, here are a few common breastfeeding positions:



CRADLE HOLD

or "Madonna" hold



SIDE-LYING POSITION



RUGBY HOLD

Supported by a nursing pillow, your baby's body is positioned beneath your arm, with her head facing your breast.

If you are going to be away from your baby (to go back to work, for example), **pumping your milk** can be a good alternative for your baby to keep enjoying all the benefits of your milk.

A few tips

Offer **both breasts** at each feed.

Remember to **wash your hands** before you breastfeed.

Stay hydrated by drinking at least 2L of water a day.

How should I store my milk?

In the fridge



0-4°C



48 hrs

In the freezer



-18°C



4 months

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