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Breastfeeding tips and tricks



THE BENEFITS OF BREASTFEEDING FOR MOMS



Breastfed babies have better sleep patterns - that means so will you



Breastfeeding may put the pause in menopause



Less uterus bleeding and quicker return to its normal size



Moms who quit smoking during pregnancy have a decreased risk of picking up that bad habit again



Breastfed moms save money - a lot of it



Faster loss of pregnancy weight



Lactation provides contraception protection

BREASTFEEDING POSITIONS

CRADLE HOLD

Support baby with the arm on the same side as the breast she's feeding from, not the opposite arm.



I'm getting the hang of this and feel more confident!

CROSS-BODY

Bring baby across your body, tummy to tummy. Hold baby supporting his neck and support your breast with the other hand.



Get prepared for breastfeeding before baby is born!

SIDE-LYING

Lie down on your side with baby facing you. Baby will nurse on the breast that is resting on the bed.



This feels comfortable and I can see you so well!

FOOTBALL HOLD

Baby is tucked under one arm, off to the side (like a football). Hold baby with one arm while the other hand supports your breast.



Breastfeeding positions

Self Breast Examination

“What do I do?”

“What do I look for?”

“Why is it important?”



Amika Cooper

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breast self examination



ONCE A MONTH,
2-3 DAYS AFTER PERIODS



EXAMINE BREAST AND ARMPIT
WITH RAISED ARM



USE FINGERPADS WITH
MASSAGE OIL OR SHOWER GEL



UP AND DOWN



WEDGES



CIRCLES



EXAMINE BREASTS IN THE MIRROR
FOR LUMPS OR SKIN DIMPLING...



...CHANGE IN SKIN COLOR
OR TEXTURE...



...NIPPLE DEFORMATION,
COLOR CHANGE OR LEAKS OF ANY FLUID