

## BREASTFEEDING PROMOTION

# ALKYONI

The Department of Social and Developmental Pediatrics, Institute of Child Health (ICH) implements the program entitled "National Initiative for the Promotion of Breastfeeding - ALKYONI" (since 2013) and the pilot program entitled "Friendly Communities for the Promotion of Breastfeeding - AMALTHEIA" (since 2023).

The main goal of the programs is to promote breastfeeding as a major public health priority and to increase the rates of breastfeeding in our country.

### The following actions are being implemented:

- social mobilization efforts by increasing public awareness to support the breastfeeding mothers and their families
- information and training of health professionals in up-to-date knowledge related to breastfeeding



Breastfeeding support line  
Call **10525**

I CHOOSE  
**BREASTFEEDING**

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MINISTRY OF HEALTH



I CHOOSE  
**BREASTFEEDING**

**FREQUENT  
QUESTIONS**  
ABOUT BREASTFEEDING



INSTITUTE OF CHILD HEALTH  
NATIONAL INSTITUTE OF CHILD HEALTH AND HUMAN DEVELOPMENT

# I CHOOSE BREASTFEEDING

## **Is my milk enough for my baby?**

Milk production depends on the amount of supply and demand. When you breastfeed based on your baby's needs, you will produce the sufficient amount needed. Dirty diapers are an indicator of adequate nutrition.

## **What can I do, if the baby cries often?**

During the first trimester after birth, the baby needs close contact and hugs almost 24 hours a day. The mother's breast relieves baby's hunger, thirst, pain, insecurity. Contact your pediatrician if the baby cries persistently and continuously

## **Do I need to wake my baby to nurse?**

There is no need to wake-up a healthy baby, unless your healthcare professional recommends otherwise. During the first weeks of life, an average of 8-12 feedings per day are necessary. Time between meals is recommended not to exceed 4 hours.

## **Does a nursing baby need to burp?**

Not necessarily. Usually, breastfed babies do not burp. However, it is recommended to keep the baby in a reclining position for 5-10 minutes after breastfeeding.

## **Should I give a pacifier?**

Using a pacifier or offering a bottle may influence baby's feeding, because different movements of the oral cavity are required and different intensity needed between these two types of feeding compared to that of breastfeeding. In case a pacifier is offered, its use is recommended after the establishment of breastfeeding at around 6 weeks after birth.

# FREQUENT QUESTIONS

## **The baby is being hospitalized in the Neonatal Intensive Care Unit. Will I be able to breastfeed it?**

In cases of mother-newborn separation, the mother is encouraged to start pumping during the first 6 hours after birth, repeating at least 8 pumping sessions per day. Skin-to-skin contact with the baby (Kangaroo care) is important as it increases the probability of successful breastfeeding. Either way, breast milk is precious for the baby and it is the ideal food.

## **I am pregnant, should I continue to breastfeed?**

Breastfeeding during a healthy pregnancy does not increase the possibility of complications for the mother and the fetus. However, you should inform the obstetric team caring for you.

## **Why do my nipples hurt while breastfeeding?**

Nipple pain often occurs in the first seconds of the initiation of breastfeeding, especially during the first days of life. It is usually due to the wrong latching of the baby on the breast, tongue-tie, nipple infection, increased milk flow or other less common causes. If the pain persists, consult a healthcare professional.

## **How do I manage breast pain and redness?**

It is usually due to clogged milk duct or mastitis. The effective emptying of the breast by placing the baby's chin towards the affected area is the first-line treatment. Ideally, the symptoms will improve during the following feedings. In case symptoms persist, contact a healthcare professional.

# BREASTFEEDING FRIENDLY

## **Is it allowed to dye my hair?**

Yes. Prefer plant-based dyes and follow the necessary precautions, such as disposable gloves, as little contact with the skin as possible and less time of exposure.

## **Is it allowed to drink alcohol?**

Alcohol consumption during lactation is recommended to be avoided. If you want to consume alcohol, limit yourself to one portion and choose a low-alcohol drink. In this case, consume alcohol after breastfeeding and then make sure you drink enough water and breastfeed at least 2 hours later.

## **May I smoke conventional or electronic cigarettes?**

All tobacco products are prohibited during lactation. However, if you smoke, limit tobacco consumption to a minimum. Nicotine is detected to breast milk. Both nicotine and tobacco products' emissions affect the development of your child's lungs and nervous system. For this reason, make sure to keep your hair covered and change your clothes after smoking or vaping. Washing hands and mouth is essential. Additionally, it is forbidden to smoke indoors, in the presence or absence of children.

## **Do I need nutritional supplements?**

If your diet is balanced, it is not necessary to use food supplements, unless it is otherwise recommended by a healthcare professional.

## **For how long should I breastfeed?**

Breast milk is recommended as the exclusive food for the first 6 months of baby's life. Breastfeeding is recommended to continue along with the introduction of solid foods into baby's diet and can be maintained for as long as the mother and the child want.