



amaltheia
BABY-FRIENDLY COMMUNITIES | BREASTFEEDING

BABY-FRIENDLY COMMUNITIES FOR THE PROMOTION OF BREASTFEEDING FOR THE MOTHER/BREASTFEEDING MOTHER

*The new baby is at home!
And now what? Do I want to breastfeed? Can I make it?*

Helpful steps for a good start and duration
on the breastfeeding journey

Self-care:

- **Nutrition.** Breastfeeding is energy-demanding. Make sure you are well-fed and you get all the nutrients. Do not forget to drink a lot of water. Should you need specific diet, seek for valid instructions. (<https://ich.gr/wp-content/uploads/2022/11/diatrofi-thilazousas.pdf>)
- **Relax, self-care.** It is important to rest, when the baby sleeps. Accept that priorities change in your daily life. Find time to do things that please you
- **Ask for help and support.** It is very important to be surrounded by people who support and help you to deal with any challenges. Your partner, the extended family and friends can be there for you



Remember that if you wish:

- You can take a walk even a few days after giving birth
- You can dye your hair
- You can paint your nails

*The better
you feel, the calmer
and happier your
baby is*

Be aware that...

When your baby is born, you have to expect many changes:

Taking care of the newborn is a 24-hour care.

You need time to adapt to the new situation. You will feel different every day.

The emotions you experience may be strong and conflicting, ranging from joy and happiness to worry and anxiety.

It is rather common to:

- to feel exhausted
- to self-doubt
- to have questions and concerns
- to wonder how you will cope with the new responsibilities and fatigue

Breastfeeding during the first days of life can make things harder.



I think I can and probably will succeed in breastfeeding my baby!

If you have decided to breastfeed, be aware that this choice is very important for your baby and for you!

Breast milk is the best you can offer along with your hug!

Caring for a baby is full of challenges. Even the most experienced parents may struggle at first, given that every baby is different. When it comes to the first baby in the family, questions and concerns may be overwhelming.

However...

- It is important to be informed and be prepared before giving birth. Seek for information and learn about the important benefits of breastfeeding for you and your baby
- Discuss about the conditions in the maternity ward, as well as the needs of the first days with the health professionals who support you, in order to facilitate the initiation of breastfeeding
- It is preferable to have your baby "room-in" with you. This helps mothers and babies get to know each other better

State clearly that you wish to exclusively breastfeed your baby.



Every beginning is difficult...

- The truth about breastfeeding during the first days after birth can be quite different from what you had imagined
- There may be pain, concern about milk supply, sleepless nights, extreme tiredness, isolation and feelings of embarrassment or denial
- The breastfeeding journey does not begin easily
- It needs patience, tolerance and a little more time. Gradually you will learn to recognize your baby's needs and everything will be easier



Seek for help

- Talking to a healthcare professional will relieve you by answering your questions
- Seek for moms' support groups. Joining support groups or classes for new parents empowers you and gives you the opportunity to share experiences
- If you still feel that you are struggling a lot and constantly with your emotions, seek for psychological support

*Baby-friendly communities
ACTIVELY promote and
support breastfeeding*

Successful breastfeeding is an acquired skill. It requires practice, patience and persistence.

Breastfeeding works on the principle of supply and demand. The longer you breastfeed at start, the more milk you have.

You can succeed in breastfeeding; however, the way you feed your baby does not define your role as a parent.



baby-friendly community
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