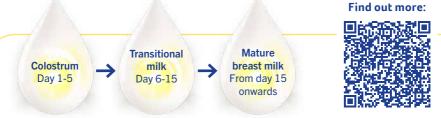




Breastfeeding: Breast milk – Nature's miracle Perfect for your baby from

Perfect for your baby from day one

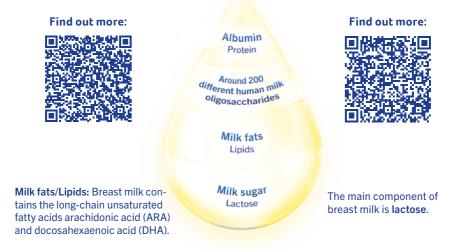


What's in breast milk?

Protein is involved in countless processes in our bodies. And breast milk is the perfect source of protein for your baby.

Human milk oligosaccharides (HMO) These make up the third largest solid

component of breast milk and protect your baby in many ways.



Breast is best for your baby

Take your time and find a quiet place. Get advice from your midwife at the start. She can show you how to properly latch your baby and help with any breastfeeding issues.

Find out more:



Holding it all together?

As a mum, you're probably doing many things right during breastfeeding just by instinct – and you and your baby are already a well-coordinated team in so many ways. But since breastfeeding can sometimes take quite a while to get the hang of (and even the strongest arm gets tired eventually) we've put together some practical tips to help you find the most comfortable and truly relaxed position:

Rugby hold

Place your baby's tummy on your hip. The baby's head is level with your belly button and her legs point backwards. Now gently bring your baby's head to your beast with your hand and support her neck.



Cross cradle

Hold your baby's head in the crook of your arm, his lower arm should be at your waist. With your hand, gently support your baby's thigh. Gently lift your arm to guide his face to your breast.



Side lying

Lie opposite your baby on a comfortable surface. His mouth should be at the level of your nipple. Gently adjust your positions until your baby finds the nipple and feeds.



Breastfeeding after having a caesarean

A healthy gut flora is very important for providing your baby with optimal immune defence. Babies born by caesarean section don't get enough protective lactic acid bacteria in their gut compared to babies born vaginally, because most of this colonization happens when they pass through the birth canal.

This makes breastfeeding all the more important. Because in the first days breast milk provides your baby with everything they need to build a healthy gut flora.

Good to know: Lactic acid bacteria such as B. infantis, B. lactis, and L. reuteri can help support the gut flora as it matures and becomes fully functional.

Breastfeeding premature babies

At first, sucking takes a lot of effort for every baby. Whether a premature baby is strong enough to nurse effectively and for long enough largely depends on how far along they were at birth. You'll get advice and practical support in the maternity ward.

These tips can support you and your preemie during breastfeeding:

- Make sure the environment is warm, calm, and cosy.
- Your baby needs to be awake to recognise when they're hungry and when they're full.
- Even if your baby has a feeding tube, you can still help them latch to practice sucking.
- Ask at the hospital about special equipment or supports that are usually provided there for breastfeeding preemies.

Find out more:





Breastfeeding to protect against allergies

Allergies on the rise: Sadly, one in three newborns today faces a higher risk of developing allergies. If your baby is at increased risk of allergies, it's best to breastfeed for around 4 to 6 months. A baby's risk of allergies is higher if their dad, mum, or siblings have or have had allergies. Our allergy screening provides you with quick information about potential allergy risks.

If you're not breastfeeding or have stopped, ask your midwife or paediatrician for guidance on the best feeding plan for your baby.

Find out more:



Breastfeeding didn't go as planned?

Don't worry. Breast milk is now well researched, and there are high-quality infant formulas out there based on the latest scientific knowledge that provide your baby with everything they need. Your midwife or paediatrician will be able to advise you on choosing the best infant formula.

Find out more:



Baby's first food: Everything you need to know in one place!

When is it time to start solids?

Nutrition experts recommend that babies be exclusively breastfed for at least the first 4 to 6 months. Your baby doesn't need any extra food or fluids before then. You can safely start introducing solids to your baby between 4 and 7 months of age.

According to the 2024 recommendations from the nationwide network "Gesund ins Leben" (Healthy Start to Life) babies should be breastfed until 6 months of age, and receive nothing but breast milk until they are at least 5 months. Babies should keep breastfeeding even after starting solids at no later than 7 months of age. Nursing should last as long as both mum and baby are happy. If the baby is not breastfed or if you are combo feeding, then infant formula produced according to legal standards should be given. Even babies with a higher risk of allergies should be breastfed according to these recommendations. Follow-on formula (stage 2) can be given to babies but not before they start solids.

Find out more:



Feeding plan for your baby's first year of life

According to the current recommendations from the Child Nutrition Research Department (FKE) Bochum







Hospital Bag Checklist – what should I pack?

For after the birth

Comfy nursing-friendly clothes
 2 nursing bras or nursing camisoles
 Loose, comfy clothes for going home

Packing your hospital bag early means you can look forward to the birth with peace of mind.

This checklist is to help you get prepared. But if you don't have time to get sorted, don't worry. Your baby will arrive healthy and happy – even if you don't have a hospital bag!

Bag for mum	For staying in hospital
 ID Maternity notes, health insurance card, and allergy card (if applicable) Family record book, marriage certificate, birth certificate Mobile and charger (if the hospital allows) Camera with charger, pen, notebook Money, important addresses, and phone numbers 	 Wash bag with toiletries Lip balm 3-4 towels and disposable facecloths Bag for dirty clothes 3-4 sets of pyjamas or nighties Bathrobe Socks, washable incontinence pants, slippers
For labour and delivery 1-2 comfy cotton T-shirts, sweatpants Cardigan, warm socks Book or magazine, and maybe some of your favourite music Sweets or chewing gum Massage therapy balls Hair bobbles Small snacks Slippers	For your new bundle of joy Vests and babygrows in size 52–56 Cotton muslins A little hat, and maybe a warm jacket for the way home too Small cuddly blanket or woollen blanket Baby socks or booties Dummy and music player, if you have them or would like to bring them Infant car seat for the journey home Nappies

We'll always be by your side!

Breastfeeding is the most natural thing in the world -

and offers the best protection for your baby's health. We're here by your side so that you and your baby can relax and enjoy the breastfeeding journey. We're also happy to advise you in person. Simply get in touch with our midwife Daniela Lauer and her team.



Our midwife and lactation consultant Daniela Lauer would be happy to answer any questions you have about breastfeeding, pregnancy and birth.

You can contact our midwife on the German telephone network on Mondays from 2 to 4 p.m. on 0800 5893917 (toll-free) or by email via hebamme@bebafamily.de



Our expert talks created by parents, for parents:

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