

Steps to Healthy Breastfeeding (2)



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One of the main benefits of breastfeeding is strengthening the bond between the mother and her child. The following are some points to further strengthen this bond during the early stages:

Problems with the Pacifier

- There are studies that indicate that babies who take a pacifier tend to wean earlier than those who do not.
- Babies using pacifiers are more prone to oral yeast infections, which can be transferred to the mother's nipples.
- A number of studies have shown a link between pacifier use and an increased incidence of ear infection.
- Pacifiers can result in choking or strangulation if the pacifier breaks or if it is tied around the neck.
- Keep in mind that latex allergy is becoming an increasing problem, consider using a silicone pacifier instead.
- Prolonged pacifier use can result in teeth misalignment, lead to changes in the shape of the soft palate, or speech problems.
- Limits skin contact and blocks sensory integration.

Benefits of Rooming In

Rooming in allows the mother & infant to remain together for 24 hours a day.

Importance of rooming in:

- Babies cry less and are easier to calm down.
- Moms get more rest.
- Ability to respond to the baby's feeding cues.
- Produce more breast milk, and faster.
- Ensure providing your baby with the utmost care through breastfeeding instead of using pacifiers or bottles.
- Improves lactation.
- Healthier weight gain in infants.
- Can help early breast milk production.
- Increased maternal attachment.
- Infants less likely to develop jaundice.





Benefits of Skin-to-Skin Contact

Skin-to-skin contact immediately after birth - lasting for at least an hour and should continue for as many hours as possible throughout the day and night for the first few weeks - has following positive effects:

- This baby is more likely to latch on well.
- Maintains their normal body temperature, which is even better than keeping the baby in an incubator.
- Regulates their heart rate, respiratory rate, and blood pressure.
- Stabilizes the baby's blood sugar level.
- The baby is less likely to cry.
- The baby is more likely to breastfeed exclusively and breastfeed longer.
- Will indicate to the mother when they are ready to feed.