

EMPOWERED TO BREASTFEED



Image by Rana Rankin

Empowered Lactation
with Emma

IBCLC Emma Maher

Why is it important?

Breastfeeding - is a unique and dynamic partnership where not only nutritional needs are met, but secure attachment between mother and baby is strengthened also, while promoting a resilient immune system.

Breastmilk contains everything your baby needs & amazingly changes every day, week and month to meet those needs! Your milk provides specific antibodies to your baby and plays an important role in the foundations establishing an optimal microbiome.

Ear infections, SIDS, hospital admissions, asthma, allergies, respiratory infections, heart disease, obesity and diabetes are just some health conditions REDUCED by breastfeeding.

Breastfeeding promotes the mothers health also by reducing the risk of osteoporosis, breast cancers and type 2 diabetes later in her life.

Breastfeeding is energy efficient, environmentally friendly, saves water, money, and time cleaning bottles !

Breastfeeding supports the natural bond between mother & baby. By continuing skin to skin after birth into the next month of your newborn bubble & positively responding to their cues you are forming the building blocks of a safe trusting relationship that will continue throughout your lives together.

What is a 'good latch'?

Breastfeeding is a whole body experience! Ensuring an optimal latch and suck is important for adequate breast stimulation & milk transfer, reducing complications.

Some tips to look for when your baby is breastfeeding:

- your babies body is close to yours, tummies together!
- slight neck extension to facilitate WIDE open mouth
- chin is pressed into breast
- lower lip is flanged out
- tongue is forward over the lower gum ridge
- your baby has most of the areola in their mouth
- you should see the whole jaw line moving, all the way up to their little ears
- no pain.. yes that's right, although some discomfort in the first moments of attachment is common

If you are experiencing painful, damaged nipples or other complications, it is often closely linked to the latch at the breast. Ensure you seek support to correct this and for appropriate care.



Keeping it simple!

There are so many variations in normal !

Remember that your journey to motherhood and your breastfeeding experience is one of a kind. It's not hard to be overwhelmed by the well meaning 'advice', so try to collect all the information into your 'toolbox' and don't feel pressured to use it all. It's there for later if you need it.

Here are some tips to keep Breastfeeding simple!!!

- Have a glass of water & snack each time you breastfeed.
- Slow down.. relax and enjoy those cuddles. This is not the season for housework.
- Don't forget skin to skin, even bathing with your baby.
- Meal preparation is a good idea to avoid the tired scramble at the end of the day, usually when your baby wants to be in your arms & not anywhere else.
- Boost your oxytocin by trying some laid back breastfeeding positions.
- Reduce your stress, take some deep breaths, relax your body, put on some nice music, focus on your baby.
- Watch your baby, not the clock. Feed them whenever they need

Seeking support early is key to overcoming challenges in your breastfeeding journey - especially in the early weeks.

Breastfeeding is natural, but it doesn't always happen naturally. I encourage you to be informed and educated about breastfeeding before your baby arrives, empowering you with wisdom and some helpful tips.



Emma Maher

Our Team:

**International Board Certified Lactation Consultant
Midwife, Child & Family Health Nurse.**

Facebook Empowered Lactation with Emma
Instagram @empoweredlactation_withemma
Email empoweredlactation@protonmail.com

www.empoweredlactationwithemma.com.au



Jo Humphris