

## How often to breastfeed

- whenever your baby is hungry or wants to suckle
- about 8 to 12 times a day

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English, German, French, Italian, Spanish, Portuguese, Albanian, Bosnian/Croatian/Serbian, Turkish, Tamil, Arabic, Tigrinya



## How your baby feels cozy

Between feedings, your baby loves:

- closeness
- skin to skin contact



Ask a professional!



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# Breastfeeding



Cradle hold



Cross-cradle hold



Laid back position



Side-lying position



Clutch hold



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## How to massage your breasts

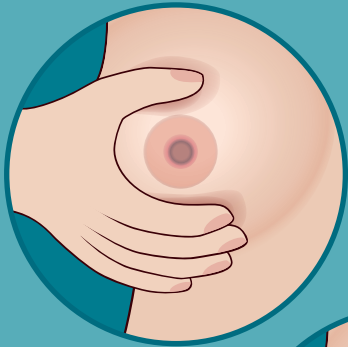


Gently massage the breast tissue back and forth.



Caress your breast towards and over the nipple.

## How to express milk by hand



Place your thumb and index finger around the nipple. Lift the breast slightly with your other fingers. Press your thumb and index finger towards your ribcage.



Roll your finger forwards with the necessary amount of pressure.

A professional will help you.

Babies are hungry if they are:

- smacking their lips
- moving their hands to their mouth



How your baby latches on:

- before your baby cries
- with your baby's mouth wide open
- with your baby's tummy touching yours
- with your baby's ear, shoulder and hip in a line

## How to feed your baby

How your baby breastfeeds:

- with your breast filling your baby's mouth
- with the lips turned outwards
- you should see and hear your baby swallow



Babies are full when:

- they are relaxed
- they have relaxed their fists
- your breast has softened again

You are producing enough milk if:

- your baby has 5 to 6 wet nappies per day
- your baby has several bowel movements a day in the first few weeks