

*Breastfeeding:
Good for Baby, Good for Mum*



When Baby is around six months of age and starts to eat solid foods, he should still have breastmilk as well because it is so good for him.

In fact, breastmilk is good for Baby up to two years of age or older.

Until Baby is around six months of age, breastmilk is the only food or drink that he will need.

Benefits

- Breastfeeding is a special time for Mum and Baby.
- Breastmilk is cheap and is always ready for Baby.
- Breastfeeding also helps Mum to get back in shape.



- Breastmilk helps Baby to fight sickness when he is little and as he grows bigger.



- Breastfeeding can help protect Baby from becoming overweight, developing diabetes or other illness when he is older.
- Breastfeeding helps Baby and Mum stay well, so you spend less money on medicine and have less worry.
- Breastmilk is even more important to keep Baby healthy if he was born very small or very large.

Breast feeding your newborn

Newborn babies
need to be
breastfed often



Newborn babies
need several feeds
at night as well as
lots of daytime
feeds.

How do you know if Baby is having enough breastmilk?

Sometimes mums worry that they don't have enough breastmilk.

If Baby is having enough breastmilk you will see:

- Bright eyes
- Moist mouth and tongue
- Usually happy – even though there are some unsettled times
- Some weight gain over the month
- Pale coloured pee
- Five or more wet nappies every day.

Baby doesn't need top-up feeds of formula. Top up feeds mean that Baby will suck less and you won't produce as much breastmilk.

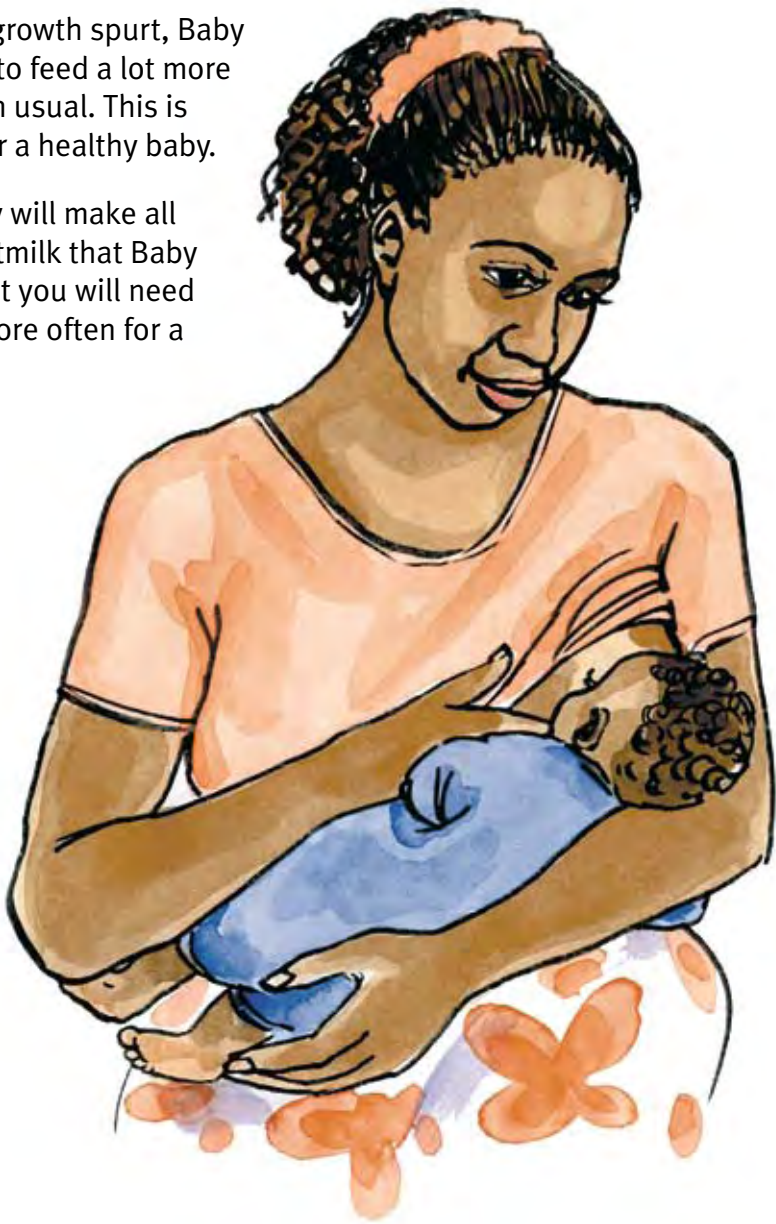
*The more often
you feed Baby,
the more breastmilk
you will make.*



Growth spurts

During a growth spurt, Baby will want to feed a lot more often than usual. This is normal for a healthy baby.

Your body will make all the breastmilk that Baby needs, but you will need to feed more often for a few days.



Working and breastfeeding

Talk to your employer when you are pregnant.

Some choices are:

- Have as long off work as you can.
- Work from home.
- Work part time.
- Have someone bring your baby to you when he needs a breastfeed.
- Use a child carer close to your work.
- Express breastmilk at work.



**Queensland
Government**
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Note: in this pamphlet we talk about Baby as 'he' but all the information in here also applies to girls!

For more information contact your local health worker