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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Successful Breastfeeding - Prepare Yourself!

By Sinead Hoben

"I'm going to breastfeed", is a common refrain amongst pregnant women. But what many women don't do is to prepare for breastfeeding beforehand. They simply make the statement and then put it to the back of their minds. The next time the issue arises is often in the delivery suite when the new mum has just gone through the ordeal of childbirth.

When presented with her newborn, the new mum may be exhausted and the last thing she wants is to have anyone else poking at her. The result? All her good intentions to breastfeed become overshadowed when a bottle is produced and the exhausted mum is told that she can try to give a breastfeed later on in the day!

To stand the best chance of successfully breastfeeding, pregnant women need to prepare during their pregnancy.

Successful breastfeeding results from careful planning. And the most important way to successfully breastfeed is to give the newborn baby a breastfeed within half an hour of her birth! Not later on!

Being committed to breastfeeding, but not placing too much pressure on oneself, can work wonders! If a new mum pressurises herself she is likely to end up feeling stressed and, as a result, will be more like to give up breastfeeding early. Having a new baby is stressful enough! By preparing to breastfeed whilst you are still pregnant, you will feel more relaxed about it when the baby is born.

The following will certainly aid you in your breastfeeding experience:

Join a Breastfeeding Support Group to chat to new and experienced breastfeeding mums. Ask questions about breastfeeding and enquire if you can watch some babies being offered the breast.

Observe how each baby is put on the breast.

Look at how different mums hold their babies. Getting the right position is essential to avoid early problems.

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Also ask for advice about breastfeeding friendly shops and changing facilities!

Read books, magazines or online articles, to find out as much as you can about breastfeeding successfully.

Get measured for a nursing bra when you are around 38 weeks pregnant. Many baby stores now offer this service. Try a few different styles to find one that is comfortable. Also purchase a couple of night-time nursing bras.

Nursing pads are essential for absorbing leaks and avoiding embarrassing stains!

Nursing shells can be very useful on nights out, as they will catch leaks. Or you can use them during breastfeeding to collect milk from the breast not being used, storing the milk for later use.

Nipple Creams can help soothe sore nipples.

Front-opening or Nursing Nightdresses or Pyjamas can make it easier to breastfeed at night.

Loose-fitting tops can be comfortable during the day. Try layering so that your back is not exposed when you are feeding. Or use a poncho or wrap if you feel anxious about breastfeeding in front of other people.

A Breast-pump is a fantastic investment as it can be used to collect milk for bottle feeds, making up first solids or when you are away from the baby to prevent engorgement or ease mastitis. Ask other mums to recommend one they liked.

A V-shaped Cushion can make breastfeeding more comfortable as it offers good support for mums back. Or a Nursing Pillow can be used to raise the baby up to a more comfortable height for mum.

A Steriliser is a compact way to keep baby utensils and breast-pump attachments clean and sterile.

Some mums find a Gliding chair very useful, particularly for night feeds.

If you are well prepared for breastfeeding there is no reason why you should not succeed.

Breast-milk is nature's diet for babies; perfectly balanced for a great start to life!

Sinead Hoben runs her own website,

<http://www.breastfeedingmums.com>

offering breastfeeding

support and advice to pregnant and breastfeeding mums. Or visit BreastFeedingMums Blog

<http://breastfeedingmums.typepad.com>

Breastfeeding Your Child

By Angel Estrella

Breastfeeding refers to the process by which a mother feeds her infant with milk directly from her breasts. Assuming the mother does not have certain illnesses, breast milk is widely believed to be the most beneficial for feeding young infants. It is even said that breastfeeding can strengthen the bond between mother and child. Still, some mothers choose not to participate in breastfeeding their infants and opt for store bought formula instead.

There are a number of benefits, which result from breastfeeding for infants. Among them, immediate milk that does not have to be heated as it is already at body temperature. In addition, some experts believe that breastfeeding decreases the risk of certain ailments, while increasing the healthy development of teeth and gums.

Along with the infant, there are positive results that stem from breastfeeding for the mother. Among them, a nurturing feeling toward her infant, a quicker return to the mom's pre-birth weight and may help to prevent certain illnesses later on in life.

Often, the infant may refuse breastfeeding at first for a variety of reasons. Normally, these can be determined and corrected with proper instruction from a physician. These may be occurrences that go away by themselves or it may be an indication of an infant that has certain medical conditions that prevent them from feeding properly.

Mothers who have certain medical conditions or are taking certain medications should not participate in breastfeeding her infant. The reason is because either the illness or the medication itself may be transmitted to the infant during this time, which can be very harmful to him/her. For this reason, the mother must inform her doctor about any medications or ailments that she currently has prior to beginning to breastfeed her child.

Many new mothers do not realize it, but breastfeeding may cause soreness and even bruising. This is not unnatural, but can be a sign of improper positioning. These instances will usually clear themselves up, but should be checked by a physician just to be safe.

This article is to be used for informational purposes only. The information contained herein is not intended to be used in place of, or in conjunction with, professional medical advice or recommendations for or against breastfeeding. Before deciding to breastfeed their child, the new mother must consult a licensed medical doctor in order to determine the best course of action for his/her individual situation and the safe feeding of her child.

Want to learn more about breastfeeding? Make sure you visit our site at:

<http://www.gentlygently.com>

for access to additional breastfeeding tips and information.



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