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Top 10 Items for Successful Breastfeeding

By Gary Hendricks

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by: **Gary Hendricks**

Are you planning to breastfeed your baby but not sure how to start? Perhaps you're already breastfeeding but running into problems. Breastfeeding is well known to be good for baby, so here's a little guide to help you along. I'll list out the most essential items a breastfeeding mother needs.

Electric breast pump

Electric breast pumps are fast, lightweight and easy to use. These nifty devices let you express and save milk for those times when you'll be away from your baby. Many electric pumps also convert to battery operation.

Manual breast pump

An affordable alternative to electric breast pumps, manual breast pumps are great for moms who need to pump only occasionally.

Gliders

If you're breastfeeding baby often, it helps to have some good furniture. A glider is more comfortable than a traditional rocker, and will soothe your baby with gentle motion. It sits flat on the floor, with no worrisome rockers to pinch small toes. And it makes a cozy spot for bedtime stories.

Storage bags for breast milk

These are a must. You'll need to store breast milk and protect nutrients after each expression. These bags allow you to store milk for up to six months in a freezer.

Nipple lotion

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To prevent nipples from chafing and for healing sore, cracked nipples, a variety of nipple lotions are available.

Nipple shells

Protect tender nipples by holding cloth away from skin. Made of smooth contoured plastic, the shells have small holes to allow air to reach your nipples.

Nursing stool

Another great item for supporting your body while feeding. The nursing stool lifts your feet, raising your lap to the correct position for breastfeeding or bottle-feeding.

Nursing pillow

A nursing pillow will help reduce the strain on your arms and shoulders while you're nursing. Good support is very important as you'll get tired after feeding baby continuously.

Breast pads

Help absorb milk to protect clothing. Expect to use at least two or three pairs per day.

Nursing book

There's nothing like a good book to answer questions you haven't even thought to ask yet!!

Gary Hendricks is the editor of

, a hobby website offering articles on

parenting, baby care and baby products.

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

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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:

for access to additional breastfeeding tips and information.

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