

# Breastfeeding

A Healthy Start For Your Baby



## Why Breastfeed?

Breastfeeding is good for you and your baby. Breast milk contains all the nutrients in the right proportions best suited for your baby's development. Through your breast milk, your child will acquire the immunity you have developed against certain illnesses. Besides providing comfort and security as your baby feeds from your breast, breastfeeding enhances the emotional bonding between you and your baby. Breastfeeding helps your uterus to contract more quickly to its pre-pregnancy size.

The risk of breast cancer is also reduced in women who have breastfed.

## Getting Started

Breastfeeding is a time when you learn to care and nurture your baby.

It is important to start breastfeeding early. The earlier you breastfeed your baby, the sooner you will establish milk production. You can start breastfeeding within an hour after delivery. If you are not able to breastfeed in the first hour of delivery, you can start when you and your baby are ready. For caesarean delivery, you can breastfeed when you are fully awake and ready, preferably within four to eight hours.

## Tips for Successful Breastfeeding

- Most mothers can breastfeed successfully and have an enjoyable time breastfeeding. However, you may find it tiring and demanding to begin with, but do not be discouraged. Be patient and keep persevering. With practice and time it will get easier as your milk supply and feeding routine become established.
- Have a positive attitude and be confident that you can, and will succeed. Get plenty of rest, and relax to encourage an increase in milk flow and supply.
- You are encouraged to put your baby to your breast as soon as possible after delivery.
- Feed according to your baby's needs i.e. on demand. Exclusive breastfeeding without supplements helps to establish your milk supply and reduces the chance of engorgement. The more you breastfeed, the more milk you will produce.
- Ensure your baby is positioned and latched on correctly, otherwise your baby will not suckle properly, and you will get painful, sore nipples.



### How to contact us

For more information or assistance in breastfeeding, please contact the respective hospitals to make an appointment with the Lactation Consultation/Breastfeeding Advisor.

A consultation fee will be charged per outpatient visit.

### Breastfeeding Resources

Breastfeeding Mothers' Support Group (BMSG) (Singapore)  
Hotline: +65.6339.3558 Talk-line: +65.6337.0508  
Email: [counselling@breastfeeding.org.sg](mailto:counselling@breastfeeding.org.sg)

### BMSG library & office hours

BMSG Library & Office hours: Mon & Wed: 9:00 am - 5:00 pm  
Fri: 9:00 am - 2:00pm  
Website: [www.breastfeeding.org.sg](http://www.breastfeeding.org.sg)

### La Leche League (Singapore)

Helpline: 7000.555.4636 (7000-LLL-INFO)  
Website: <http://www.lalecheleague.org>  
<http://www.llsg.tripod.com>

### Joyful Parenting and Breastfeeding

Helpline: +65.6488.0286

The IPAC Hotline +65.6735.5000 is a free service that connects patients in real time to relevant medical services and doctors across ParkwayHealth's Hospitals.

### East Shore Hospital

321 Joo Chiat Place  
Singapore 427990

Tel: +65.6344.7588  
[www.eastshore.com.sg](http://www.eastshore.com.sg)

### Gleneagles Hospital

6A Napier Road  
Singapore 258500

Tel: +65.6473.7222  
*(Office hours only) After office hours - contact your postnatal ward*  
[www.gleneagles.com.sg](http://www.gleneagles.com.sg)

### Mount Elizabeth Hospital

3 Mount Elizabeth  
Singapore 228510

Tel: +65.6737.2666  
[www.mountelizabeth.com.sg](http://www.mountelizabeth.com.sg)

### ParkwayHealth Primary Care Network

20 Bendemeer Road, #01-02/06  
Singapore 339914

Tel: +65.6227.7777  
[www.primarycare.com.sg](http://www.primarycare.com.sg)

### ParkwayHealth Day Surgery & Medical Centre

363 Balestier Road  
Singapore 329784

Tel: +65.6305.7305

[www.parkwayhealth.com](http://www.parkwayhealth.com)

## Steps for Good Attachment

**1**

Support your breast with four fingers below and the thumb by the side, away from the areola (the dark ring surrounding the nipple).



**2**

Tease your baby's lower lip with your nipple to get him to open his mouth.



**3**

Bring your baby to the breast when he opens his mouth wide.



**4**

Make sure that your baby grasps as much of the areola as possible.



You are holding your baby correctly if you observe the following signs:

- Your baby's head and body are supported at your breast level.
- Your baby's chin is touching your breast.

## Baby Sucking in Good Position

Signs that the baby has fixed on to the breast in a good position.



- Baby's whole body is close to his mother.
- Baby's mouth and chin are close to the breast.
- The baby's mouth is wide open.
- You cannot see much areola.
- You can see the baby taking slow deep sucks.
- He is relaxed and happy.
- The mother does not feel nipple pain.

Poor Attachment on the Breast



How to tell if your Baby's getting enough milk

- Feed 8 – 12 times in 24 hours.
- Observe urine and bowel movement in 24 hours.

## Baby's urine output per day

1st day	-	One wet diaper
2nd day	-	Two wet diapers
3rd day	-	Three wet diapers
From 4th day till milk comes in	-	Six to eight diapers

## Baby's bowel movement per day

1st day	-	One or more times (dark green, almost black sticky stool)
2nd day	-	Three or more times (dark green, almost black sticky stool)
From 4th day till milk comes in	-	Four to five times (greenish yellow to bright yellow colour)



## How to Treat Breast Engorgement

- Frequent Feeding – eight to 10 times in 24 hrs.
- Apply cold cabbage leaves and leave them for 30 minutes to two hours on engorged breasts to reduce swelling.
- Before feeding, apply a warm compress and massage breasts to increase milk flow. Avoid hot compresses unless breasts are leaking. You may use a breast pump but pump only enough to relieve discomfort.

