

Breastfeeding when you are pregnant

- You can breastfeed when you are pregnant.
- Eat a variety of healthy foods.
- Drink whenever you are thirsty.
- Your nipples may feel more tender.
- You may have less breastmilk.
- Your breastmilk may have a different taste.
- Most children happily continue to breastfeed.

Breastfeeding more than one child (tandem breastfeeding)

- Your newborn *must* breastfeed 8 – 12 times a day.
- You can breastfeed an older child and a new baby, either together or at different times.

Breastfeeding and starting other foods

You learned to follow your child's signs that she was ready to breastfeed. Now you can learn to follow her new signs that she is ready to eat other foods.

For the first six months, only breastfeed. When your child can sit up, you can offer other foods.

Remember to breastfeed first, then give the other foods.

Suggestions when you miss a breastfeeding

1. Express just enough breastmilk for comfort.
2. Check your breasts for lumps, hardened, reddened or warm areas.
3. If your breasts become hard, try:
 - having a warm shower
 - applying a warm, wet or dry cloth
 - massaging your breasts
 - expressing some breastmilk until the area feels soft, then breastfeed your baby.
4. After feeding, place a cold, wet towel on your breasts for comfort and to reduce swelling.

For breastfeeding information and support call
Toronto Health Connection

416-338-7600

Monday to Friday
8:30 a.m. – 4:30 p.m.

 **TORONTO**
Public Health

www.toronto.ca/health

Breastfeeding After the First Six Months



 **TORONTO**
Public Health

Breastfeeding after the first six months

Congratulations! You have given your baby the best possible start by breastfeeding for the first six months. Now you and your baby can continue to enjoy the benefits of breastfeeding after six months.

Give your baby only breastmilk for the first six months. Then you may give your baby other foods such as iron-fortified cereal, vegetables and fruits. The length of time you choose to breastfeed is between you and your baby. You may want to continue for two years or longer. There is no right time to stop.

Why breastfeed your older baby or child?

- Breastmilk changes as your baby grows to meet her changing nutritional needs.
- Breastfeeding is more than food; it's also about your relationship with your baby.
- When a child is sick, breastfeeding can provide comfort and is a very important source of fluid and food. Breastmilk is easy to digest. It may be all your child wants.
- Breastmilk protects your child against infection. It strengthens your child's immunity.

Mothers sometimes ask about:

Growth spurts

Growth spurts are the times your child grows more quickly and will need more breastmilk. Your breastmilk supply will increase when your child breastfeeds a little more for a few days.

Breast changes

Don't worry if your breasts feel soft; they will still make enough breastmilk. An older child takes milk more quickly than a newborn.

Developmental changes

An older baby becomes more interested in the world around her. A quiet place with fewer distractions may keep her attention on breastfeeding.

Coping with feelings

You may experience many different feelings. You may feel pressure from family and friends. It may help to speak with a Public Health Nurse and other breastfeeding mothers about these feelings.

Breastfeeding in public

Many women are comfortable breastfeeding anywhere. Other women find a private place. Many public places now have "Family Rooms" or breastfeeding rooms. Healthy snacks, drinks, toys or books can help an older child wait until you are ready to breastfeed.

Teething

It is OK to continue breastfeeding even when your child is getting teeth. Your baby's gums may be swollen and sore. Offer your baby a cold, clean cloth or teething ring to chew on before the feeding.

- If your baby bites, stay calm. Say "No" and take the baby off the breast.
- Give your baby your complete attention. Learn to know the sucking changes that happen at the end of the feeding, when there are fewer swallows.
- To end a feeding, pull your baby in very close. Your baby will open her mouth and pull off easily.

Returning to work or school

Please see the pamphlet "Breastfeeding and Returning to Work or School".

Nursing strikes

Sometimes a baby who has been breastfeeding well suddenly refuses to breastfeed. *This is not the same as natural weaning.*

- To encourage your baby to return to the breast, give her more eye-to-eye and skin-to-skin contact.
- Feed your baby in a quiet place.
- Feed your baby when she is relaxed and not completely awake.
- If your breasts are getting too full, you can express some breastmilk for comfort. You can offer some expressed breastmilk from a cup.
- Relax. Be patient. Babies usually start to breastfeed again in a few days.