

Correct posture
Straight back.
Shoulders comfortable and relaxed.
Bring baby towards you,
not the opposite.
Place baby's belly against your belly.



SUPPORT GROUPS

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Breastfeeding



Exclusive breastfeeding is the best nourishment for babies during the first six months of life.
Breast-feeding combined with other foods at least to two years of age.

Breastfeeding offer enormous physical and psychological benefits for the baby and the mother.

Breastfeeding should be started in the first hour after birth and the baby should always be kept next to the mother

Forget about the timing and duration of each feed.
Each baby has his own pace, it's normal for them to feed at night too.



Don't think it means that your baby is hungry when he puts his fist in his mouth. As long as he is gaining weight normally, this gesture represents his way of starting to relate to the world around him.

The breast does not require special cleaning or creams, only a regular shower.

Don't give the baby bottles.
Avoid the use of pacifiers until breast-feeding is well established.



Breastfeeding does not hurt. Discomfort can be avoided by proper positioning of the baby.

The baby places his mouth around the nipple and most of the areola.



Image from the brochure of Breastfeeding from the Health Council of Andalusia.



The baby only latches to the nipple.