

Eating during Lactation

- As a lactating woman, you have an increased energy and nutrient requirement (approximately 500 kcal above normal daily requirement).
- Nurture yourself well balanced and varied during breastfeeding.
- Maintain healthy eating and drinking habits.
- Normally, your child tolerates everything that is acceptable to you. Child restlessness usually has other causes. We are happy to show you how to calm your child.
- You can also eat small healthy snacks while breastfeeding.
- Put a drink within reach so that you can drink enough whenever you feel thirsty. (Drinking more than you are thirsty can reduce the amount of milk!)

Breastfeeding & Medication

Medication you take can reach your baby's organism via breast milk. For this reason, we recommend that you discuss all pharmaceuticals with your treating physicians (ward physician / gynecologist / general practitioner) during breastfeeding.

Information is also available from the **Embryo Toxicological Institute in Berlin**, Advisory telephone: 030 / 30308-111, www.embryotox.de, E-Mail: mail@embryotox.de

Checklist

Use this checklist to find out if you have any questions.

	Yes	No
• Do you breastfeed about 8-12 times or more in 24 hours?	<input type="radio"/>	<input type="radio"/>
• Does your baby have at least 6 wet diapers in 24 hours?	<input type="radio"/>	<input type="radio"/>
• Does your baby have at least 1 x yellow bowel movement during the first days of life?	<input type="radio"/>	<input type="radio"/>
• Does your baby only get breast milk (no other liquids like tea or bottle food)?	<input type="radio"/>	<input type="radio"/>
• Do you let the baby drink on the first breast until it stops by itself before you offer the other breast?	<input type="radio"/>	<input type="radio"/>
• Is your baby happy after breastfeeding or sleepy (even without a pacifier)?	<input type="radio"/>	<input type="radio"/>
• Are your breasts and nipples uncomfortable?	<input type="radio"/>	<input type="radio"/>
• Are you supported at home by a midwife / lactation consultant?	<input type="radio"/>	<input type="radio"/>
• Do you know any ways to soothe your baby?	<input type="radio"/>	<input type="radio"/>
• Are you familiar with the WHO / UNICEF breastfeeding recommendation to breastfeed your baby for 6 months and to continue to breastfeed with complementary food until the age of two or beyond?	<input type="radio"/>	<input type="radio"/>

Support & Help

- **St. Elisabeth Hospital:** phone
- patient liaisons-team: 06571 / 15-38821
- midwives-Team: 06571 / 15-32 501
- post-natal ward: 06571 / 15-35 310
- child & youth medicine: 06571 / 15-35 350
- labor ward 06571 / 15-32 501
- Carla Simpson prenatal classes 06571 / 95 12 82
- post-natal classes 0171 / 80 20 819
- Judith Allen, family nurse 06565 / 61 82 79
- **Please contact Tricare to get information on cost coverage.**



Verbundkrankenhaus
Bernkastel / Wittlich

The Baby
Is Born



Guide for an Optimal Start with Your Child

Verbundkrankenhaus Bernkastel / Wittlich

Maternity Clinic
St. Elisabeth Hospital
Koblenzer Straße 91 • 54516 Wittlich
Labor Ward phone: 06571 / 15-32 501

The Baby Is Born

Dear parents,

Your baby is here!

Finally it lies on the mother's stomach and feels the warmth and her heartbeat.

A formative experience!

You are now a family!

We support you in this first sensitive phase of life with complex and individual advice for an optimal start with your child.

Our goal is to strengthen you in your parenting skills and to guide you in getting to know your child.

We work according to B.E.St criteria (attachment, development, breastfeeding), which in their entirety enable effective attachment, development and nursing.

Take your time for this wonderful first meeting. Enjoy the infinite happiness of being able to finally see and touch your child.

Your obstetrics team

Bonding

*„In den Augen der Mutter erblickt das Kind
das Licht der Welt“
(Michel Odent)*

A baby wants to arrive safely after birth. By direct skin contact after birth with mother or father, the baby feels with all senses closeness, security and care.

This way, the foreign environment and all the hardships can be handled much better.



With a successful bond, as a parent you will be able to meet the needs of your baby, thereby promoting their physical, mental and social development.

The worry that your baby is being spoiled through intensive devotion and continuous skin contact is unfounded. On the contrary, a successful parent-child bond makes your baby strong for his/her future life.

Development – Breastfeeding

Rooming-In

This offer of our maternity ward allows you to be with your baby around the clock. So you can give your baby love, closeness, attention and breast milk if needed and respond in a timely manner to the breastfeeding signs and the needs of your child.

Childbed

After 40 weeks of gestation, 40 days of childbed will follow. Now you can get to know each other in peace and re-bond in the period after birth. Rest or sleep when your baby is sleeping. So fill up with energy for the 24 hrs care of your baby.

Promote and Support Breastfeeding

We support the WHO / UNICEF recommendation of exclusive breastfeeding for 6 months with the introduction of solid food and concomitant breastfeeding up to 2 years and beyond.

Breastfeeding begins immediately after birth.

Breastfeeding means „experiencing with all senses“.

Babies can do it instinctively –

mothers have to learn it first.

First Time Giving Your Baby the Breast

The direct supply of food ends with the cutting of the umbilical cord. The baby has to get used to active food intake.

Already soon after birth it begins to search the mother's breast. With the help of skin contact and the crawling, searching and sucking reflex your baby can find the way to the breast. Especially the newborn's milk is very valuable and just right for the tender baby stomach. The antibodies contained therein act like a first vaccine.

Early application stimulates milk production. Breastfeeding not only supports the bond formation but helps you as a mother to a faster regression of the uterus. The breastfeeding hormones allow you to take a more relaxed approach to everyday life with a child.

Practical Tips for Breastfeeding

- If you are breastfeeding frequently, you will recover faster from birth.
- Make sure you have a pleasant and relaxed breastfeeding position.
- Tighten your baby to the chest immediately when the mouth is wide open. Because then it can take and empty the breast well while breastfeeding.
- Breastfeed as needed and as often as your baby lets you know or if your chest is uncomfortable.
- Skin contact and breastfeeding are calming. Dissatisfied and crying babies are easy to calm down that way.
- The baby finishes the meal by letting go of the breast. If necessary, it can also drink on the other breast after changing the diaper.

*„Drei Dinge sind uns aus dem Paradies geblieben: Die Sterne der Nacht,
die Blumen des Tages und die Augen der Kinder.“*

Dante Alighieri