


RANDOM HOUSE  BOOKS

---



# Breastfeeding and Bottle-feeding

Naia Edwards

# Contents

**Cover**

**Title Page**

**Introduction**

Chapter 1: **BREASTFEEDING What you need to know**

Chapter 2: **BREASTFEEDING Getting started**

Chapter 3: **BREASTFEEDING Keep going**

Chapter 4: **BOTTLE-FEEDING What you need to know**

Chapter 5: **COMMON FEEDING CONCERNS How to overcome them**

**Conclusion**

**Useful organisations**

**Index**

**Copyright**

# Breastfeeding and Bottle-feeding

**an easy-to-follow guide**

**Naia Edwards**

**Vermilion**



# Introduction

---

**Feeding your baby is one of the first things you will do after she is born and one of the most important parenting skills you will learn. It is not only essential for her survival, giving her the nutrients she needs to grow and develop, but is also the beginning of a wonderful relationship as it helps you to bond with each other. But although feeding is such a natural and fundamental part of baby care, it is not always easy. Whether you are breastfeeding or bottle-feeding, you may experience problems and find that it takes a while before you feel confident. Like most things, the more you practise the better you become at it and the easier you will find it; but there are techniques you can learn which will help to make the experience easier, and therefore more positive and more rewarding.**

**In this book you will find information and advice to help make feeding your baby successful and enjoyable for both of you.**

**Please note that to avoid confusion the baby has always been referred to as 'she' but this could just as easily have been 'he'.**

---

# Chapter 1

## **BREASTFEEDING What you need to know**

---

**Whether you are expecting a baby or have just given birth, you will probably have been advised by your doctor or midwife that breastfeeding is the best way to feed your baby. At the same time you may have been told by your mother or someone of an older generation that bottle-feeding is much easier, less tiring and just as good as breastfeeding - the 'You were bottle-fed and there's nothing wrong with you' statement may be familiar to you. This conflicting advice can be confusing but exists because fashions and our knowledge and understanding of the body change over time.**

---



## **Why breastfeed?**

It is now known without a doubt that breastfeeding is the best and healthiest way to feed your baby. As with all aspects of parenting, however, you should always do what you feel is right for you and your baby. The official advice, from all the professional organisations - such as the World Health Organization (WHO) and UNICEF (the United Nations Children's Fund), and the UK Department of Health and Royal College of Midwives - is to breastfeed exclusively for the first six months of your baby's life. Not only is breastfeeding the most natural way, but it provides your baby with essential nutrients that formula milk can't reproduce exactly. Understanding how your body produces milk and what that milk contains may help you to make an informed decision about how to feed your baby, and see the amazing capabilities of your body!

## **What is breast milk?**

Human breast milk is a live formula that changes according to the needs of your baby. For the first days after your baby is born, the milk you produce is called colostrum. It is full of sugar and protein for energy, and minerals and antibodies to help your baby's immune system fight off germs and diseases.

Four or five days after the birth of your baby, you will start to produce mature milk, which is made up of two parts. The first part, which your baby gets when she first starts to suck, is foremilk. This is quite thin and watery and will quench your baby's thirst. After this comes the thicker hindmilk, which is rich in nutrients and fats that are needed to help the development of your baby's brain and nervous system, and assist overall growth. The richness of this hind milk also satisfies your baby's hunger. The two parts together provide a unique food for your baby. It is

tailored to her exact needs so that she will need nothing else for the first six months of her life.

## **How is breast milk made?**

Almost from the moment of conception, your body gets ready to make breast milk – although you won't actually produce it until your baby is born. The milk is made in small sac-like glands in the breast, which are stimulated by hormones during pregnancy. From around the 20th week of pregnancy your breasts produce colostrum, which your baby feeds on for the first few days after birth; so even if your baby is born prematurely, you will be able to feed her ([see here](#)).

Once your baby is born and starts to suck on your breasts, a hormone called oxytocin is released, which sends a release or 'let down' signal to the breast. The muscles surrounding the milk glands contract forcing milk along milk ducts to the nipple.

Within 24-48 hours of giving birth, a hormone called prolactin is released that triggers your ability to make milk. Every time your baby sucks, prolactin is released. The more the baby sucks, the more milk your body makes. This process of supply and demand means that you will always have enough milk for your baby. It also means that if you don't breastfeed and your baby isn't sucking, your body will stop producing milk.

## **Changes to your breasts**

Whether or not you decide to breastfeed, your breasts will change during pregnancy and the first few days after your baby is born.

The first change you will probably notice quite early on in your pregnancy is that your breasts will become larger and more sensitive. For some this is a very welcome change, for others less so! The areola, the area around the