



## NUTRITION TIPS

### What To Do If You Just Can't Seem To Get It Right.

The easiest way to learn about good latch – on is in a one-on-one session with a knowledgeable expert who can show you how to get baby latched – on correctly. When baby latches on correctly, mother's nipples don't get sore and baby is able to get plenty of milk. Keep track of baby's urine and stool output to determine if he is getting enough milk. After your milk has "come in" baby should have 4 to 6 wet diapers a



day and at least 2 to 3 substantial yellow, seedy stools. Moms need to learn how to help their babies latch – on correctly and babies need to be taught how to suck correctly.

### How To Get Baby To Open Her Mouth Wide.

When the nipple touches baby's lips, his mouth will open quickly, seeking the breast. Get your nipple into his mouth when it is as wide open as possible so that baby sucks on a good mouthful



of breast tissue, not just on the nibbin of your nipple. Baby's wide – open mouth is the most important part of latch on. Use nipple to tickle nipple to tickle baby's lower lip to encourage her to open her mouth wide, really wide. As the mouth opens to its widest point, direct your

nipples into the centre and use your arm behind to pull baby in very close to you.

### Is Your Baby Latching. On And Sucking Efficiently?

Correct breastfeeding starts with proper latch-on which puts most of the mother's areola into the baby's mouth, with nipple to the mouth. The baby's gums compress. Compress the milk sinuses that lie about an inch behind the nipple. The tongue is forward underneath the breast, over the lower gum, and its motion helps baby draw out the milk. During active sucking and swallowing, the muscles in front of the baby's ears move, indicating a strong and efficient suck that uses the entire lower jaw.

### Building Closeness By Breastfeeding.

When you feed your baby at the breast, you tap into a valuable resource for mothering and nurturing your baby that is tested and true. When you choose to breastfeed, you continue the oneness that you and your baby experienced

during pregnancy. Your baby continues to provide nourishment, warmth, comfort and safety, just as it did when your baby was inside you.



Breastfeeding helps you know and understand your baby. It can affect the way you listen and respond to your child for many years to come. For most mothers and babies, breastfeeding is an important step in building a trusting relationship

### ► For more information on child nutrition

Visit the Olu Akinkugbe  
Child Nutrition Centre

Friesland Foods WAMCO Nigeria PLC.  
Plot 7b Acme Road, Ogba Lagos

### Visiting Hours:

10:00 am – 12noon and 2:00pm – 3:30pm  
(Mondays – Fridays)

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