

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.

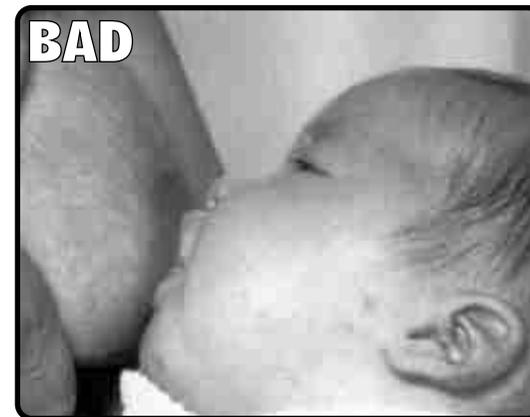


Breastfeeding does not hurt. Discomfort can be avoided by proper positioning of the baby.

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.

Brochure made by Via Lactea to celebrate the World Breastfeeding week 2003. We would like this way to welcome all mothers coming to Aragón from other countries.

BREASTFEEDING

Idioma: inglés

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



Mother get-togethers, Conferences and talks about Breast feeding: The first days. During the night. Increase of breast milk. ¿What to do when she cries? Importance of posture while breast feeding. Breast feeding and working outside the home.

Vía Láctea has written a guide of advice for the Breastfeeding with the Government of Aragon which you can ask for it in your Health Center.

ZARAGOZA

Casa de la Mujer
C/ D. Juan de Aragón, 2.
Monday (two times a month)
From 17:30 to 19
Information 976 32 28 03

HUESCA

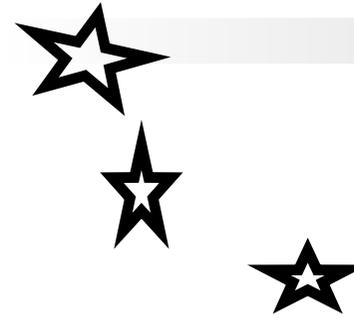
IAM (Instituto Aragonés de la Mujer)
Thursday
From 17:30 to 18:30
Information 974 22 21 44

ALCAÑIZ

Hospital Comarcal de Alcañiz
Tuesday
From 15:30 to 17
Information 978 87 02 96



<http://www.vialactea.org>



Vía Láctea

Breastfeeding support group since 1987.

Vía Láctea offers free activities which have been declared to be an interest by Government of Aragón

Zaragoza, Alcañiz, Huesca

