

Breastfeeding is not a Science

Everyone tells you that there are tons of benefits to breastfeeding your little one. There are benefits to both mom and baby. Throughout your pregnancy, you have been told all of the reasons that you should breastfeed. So many times we just half listen to those statement or throw away the paper that you are given.

Now your little one has arrived and you are wondering if you are going to continue breastfeeding. Trying to determine if it is worth the work is important. So many times giving up is easier than sticking it out. However, there are things that you should remember to help you along the path to continued breastfeeding.

Perfection is not Important



Look Out For That First Little Tooth —

WHEN the baby begins to drool—when the saliva flows always from his little mouth—then the teeth are about to come, and here, above all—must you be careful of your baby's food. Give him the right food—and wash the little red gums and the new, tiny

teeth with boric acid solution—and there will be no teething troubles for the baby or for you. Nurse your baby if you can; but if you cannot, remember that in the last forty years, millions of babies have come to their teeth easily and naturally with the help of

Nestlé's Food

Nestlé's Food brings health and strength because it is so nearly like mother's milk. Especially in the teething time—look out for cow's milk—cow's milk meant for calves with four stomachs—it's not good for babies. You know, comes from sick cows and unsanitary dairies—cow's milk that may bring sickness and even consumption to your child.



stant, is purified just to make sure; all the heavy parts are removed and your baby's special needs are added. It is powdered and packed in an airtight can. No germs can possibly touch it. You add only fresh water. But the four germs that have grown up on Nestlé's can hardly better than we can.

Send coupon for a box of Nestlé's Food—enough for twelve feedings. Free, and a book about babies by specialists.

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Please send me, **FREE**, your Book and Trial Package.
Name _____
Address _____

It is important to remember that breastfeeding is not perfection. Each person really does not have to breastfeed the same way. Some situations have been tested and seem to have found their best way to be handled. Many people believe that reinventing breastfeeding is a waste of time. However, it is important that you breastfeed so that you are comfortable. Here are some things to

think about.

- Positioning – When you are going to breastfeed, you need to remember to be comfortable. Put yourself with enough pillows or in a seat that you are going to feel good in. Many moms move their breast to the baby's mouth, this is not wrong; however it is important to be comfortable.
- Latch – Obtaining a proper latch is very important. However, the way to get the latch is not important. Several techniques can be used to obtain a good latch. The important elements are to have baby open their mouth wide, and to get as much of your nipple and areola inside. Using this as your guidelines, no matter how you obtain this goal you have succeeded.
- Augmenting with milk is okay – Don't feel like you have to breastfeed 100% of the time. The benefits to breastfeeding can be shared with benefits of the bottle.

Benefits to Baby

So many benefits to breastfeeding can be found, so many moms are told that it is best. However, many of us do not understand why:

- Immune system is boosted benefits to breastfeeding. Throughout infancy, mom's antibodies are passed to the baby.
- Your baby will have fewer cavities throughout life.
- Your baby has less of a chance to be obese, or develop insulin-needed diabetes.
- Those babies whom were breastfed tend to have lower blood pressure.

Benefits to Mom



Throughout your pregnancy, benefits to breastfeeding are everywhere. Here are some things that we forget about.

- Full time nursing can work like a form of birth control. It has been determined to be 98% effective at preventing further pregnancies.
- Breastfeeding can decrease an individual's chance at developing osteoporosis.
- Female cancers, breast, endometrial, uterine, and ovarian, are reduced by breastfeeding.
- It is cheaper to breastfeed over formula feeding, leaving a little extra money in the budget.

No matter how you look at breastfeeding, your baby it is important to remember that every little bit counts. Your baby will benefit from only a week of breastfeeding. However, the longer that one breastfeeds the more benefits there are to the baby and to mom.