

NURSING INSTITUTE, JHENAIDAH
REPUBLIC OF BANGLADESH

LECTURE 02

FUNDAMENTALS OF MIDWIFERY

DIPLOMA IN MIDWIFERY

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LECTURER, NIJ - BANGLADESH

NORMAL NEONATE

ESTABLISHING BREAST FEEDING

Question:

- ✿ **Discuss the Attachment of Breastfeeding.**

Attachment Breastfeeding:

A traditional position for breastfeeding latch or attachment is as follows: the mum sits upright or lies on her side, with the baby positioned facing the breast. The baby's nose is positioned close to the nipple, with their neck slightly extended and their shoulders and hips in alignment.



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Question:

- ✿ **Discuss the Latching of Breastfeeding.**

Latching of Breastfeeding:

Aim the nipple towards the baby's upper lip/nose, not the middle of the mouth. You might need to rub the nipple across the top lip to get your baby to open his/ her mouth. The baby's head should be tilted slightly back. When he opens his mouth wide with the chin dropped and tongue down, he should latch on to the nipple.

Question:

- ✿ **Discuss the Milk Supply.**

Milk Supply:

Increase your milk supply:

- ❖ Make sure that baby is nursing efficiently.
- ❖ Nurse frequently, and for as long as your baby is actively nursing.
- ❖ Take nursing vacation.
- ❖ Offer both sides at each feeding.
- ❖ Switch nurse.
- ❖ Avoid pacifiers and bottles when possible.
- ❖ Give baby only breast milk.



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