

BREASTFEEDING BASICS

Breastfeeding is a wonderful, natural way to nourish your baby, providing a wealth of benefits for both mother and child—from strengthening the immune system to building a deep emotional bond. While breastfeeding is natural, it isn't always instinctive. Throughout history, breastfeeding was a learned skill, passed down as women observed each other. However, many new moms today haven't had the opportunity to learn through observation, making prenatal education incredibly valuable. This guide will provide you with essential knowledge to begin your breastfeeding journey with confidence.



THE IMPORTANCE OF BREAST MILK

Breast milk is the ideal source of nutrition for infants, providing all the essential nutrients and antibodies necessary for their healthy growth and development. Research shows that breast fed babies have a reduced risk of:

- Ear infections
- Respiratory illnesses
- Allergies
- Asthma
- Type 1 diabetes
- Obesity
- Sudden Infant Death Syndrome (SIDS)
- Cancer
- ADHD
- Autism



THE GOLDEN HOUR

A SPECIAL BONDING TIME

The first hour after birth, often called the "golden hour," is a critical time for starting breastfeeding. Skin-to-skin contact between mother and baby during this period helps stabilize the baby's body temperature, heart rate, and breathing, while also boosting oxytocin levels—a hormone that fosters bonding and milk production.

In the golden hour, babies are typically alert and eager to breastfeed, making it an ideal moment to begin a successful breastfeeding journey. Studies show that mothers who initiate breastfeeding in these early hours tend to have a higher milk supply even six weeks later. If breastfeeding isn't possible right away, hand-expressing colostrum (the first milk) can provide similar benefits.



For more information visit

www.milkcare.com

COLOSTRUM - LIQUID GOLD FOR YOUR BABY

Before your mature milk arrives, your body produces colostrum—often called "liquid gold." This nutrient-rich, antibody-packed first milk is perfectly tailored for your newborn's early needs, supporting their tiny digestive system and boosting immunity. Although the quantity might seem small, colostrum is designed to match your baby's tiny stomach and provides vital protection against infections while encouraging healthy gut bacteria. Even just a little goes a long way in nourishing and safeguarding your baby. Typically thick and honey-like, colostrum has a yellow or brown tint and flows slowly, sometimes needing to be gently scraped from the nipple.



With 13 years of experience as an IBCLC-certified lactation consultant, Maya Dubinsky began her journey after overcoming breastfeeding challenges with her own daughter. She has since supported countless families in both hospital and home settings, empowering them with compassionate guidance. Adding to her expertise, she trained in holistic sleep coaching at OCN London under Lyndsey Hookway. This attachment-focused approach allows her to provide gentle, no-cry sleep strategies, prioritizing each child's emotional needs and developmental readiness. Her mission is to support families with respect, empathy, and tailored solutions for a nurturing start.

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