

BREASTFEEDING

Establishing a good breastfeeding relationship with your baby is probably the most important part of baby care and is the best choice for baby in most circumstances.

- As with all aspects of pregnancy, labour and post-pregnancy, ensuring that the mother has a good nutritional status is the most important factor in successful breastfeeding.
- To ensure high nutrient levels: eat fresh organic foods, avoid any allergens, eat enough protein and eat regularly.
- Adequate zinc intake or supplementation is very important (for cracked nipples, contented babies, colic, infections, oral thrush etc).
- Drink 2-3 litres of purified water a day.
- To avoid: alcohol (toxic to baby's brain and liver), caffeine (makes baby irritable and hyper alert) and smoking.
- If breastfeeding is not possible: use goat's milk formula as it is an easier protein to digest. Cows milk (and formula) is a very common allergen and soy is not advisable for young children. It is important to add lactobacilli to improve baby's immunity (it contains immunoglobulins and antibodies similar to mother's milk).
- If there is a need to increase breast milk supply: loose leaf fennel and dill tea can be drunk freely and could also add nettle as it is very high in nutrients and trace minerals such as iron. If supply remains low, see your naturopath for a liquid herbal mixture which can often dramatically boost milk supply (quality and quantity).
- If the mother suffers from too much milk or needs to wean, drink a small amount of sage tea.