

# Breastfeeding is caring!

Breastfeeding is one thing which is most important for any infant and it starts from the day one when a mother holds her new-born in her arms. The first few days are critical and difficult as the world of motherhood is new to both. The initial sip that your child takes from your breast is actually not of milk but a substance called colostrums, also called pre-milk is discharged from the aureole. This discharge is very less but sufficient enough for child's nutritional needs.

This is the most difficult time for the mother as the child doesn't know how to suck and the mother is forced to pump out the extract herself which is painful but a caring mother must know that this substance acts as a medicine for the child which build up immunity in its system for lifetime and thus, be ready to give her child the first gift of life.

There are many challenges that mother of a new born faces like weakness from pregnancy, pain due compression of uterus, abdominal discomfort, pain around incision in case of C-section and more. At this time, breastfeeding can be another challenge which cannot be avoided.

Here are some tips to make your breastfeeding easy and effective:

- Take help from your doctor to understand how to breastfeed and ask as many questions as you can to understand what is happening with you and your baby. This will equip you with necessary knowledge on holding baby, nutritional importance of breastfeeding, managing related problems and will give you psychological comfort.
- Wearing a comfortable cloth is again very important as it is not just the baby who needs care but you too need a good amount of care and healing. There are maternal clothes available in market that is specially designed as per the needs of a mother. These can be worn during pregnancy as well as in postpartum phase.
- Maternal clothes are comfortable to wear and are designed for easy breastfeeding. They usually carry a flap over breasts which make it easy for a mother to breastfeed her child without any need to open or remove her clothes entirely.
- Breastfeeding Bra's are also available which again assist her in breastfeeding without much discomfort.
- As you keep feeding your child, the quantity of milk increases and you may at times face a situation when the milk will remain oozing out even after baby is finished drinking. This can spoil your clothes so use breast pads to absorb extra milk.