



Embrace Maternity  
*Where life begins*

# Breastfeeding Guide



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# Why Breastfeeding Matters?

Breastfeeding is the most natural and beneficial way to nourish your baby. It provides essential nutrients, strengthens the immune system, and fosters bonding between mother and child. Exclusive breastfeeding is recommended for the first six months and can continue alongside solid foods for two years or more.



## Benefits for Baby & Mother

### Baby

- Provide complete and easily digestible nutrition
- Strengthens the immune system
- Reduces the risk of infections and allergies
- Supports brain development and higher IQ
- Encourages bonding and emotional security

### Mother

- Helps the uterus to return to normal size
- Reduces the risk of breast and ovarian cancer, heart diseases, and osteoporosis
- Assist in postpartum weight loss
- Saves time and money (no need for formulas or sterilising equipment)
- Delays Menstruation—Acts as a 100% natural form of birth control
- Promotes emotional well-being through oxytocin release

# How to Breastfeed?

1



Ensure a comfortable position for both you and your baby (cradle, football, or side-lying)

2



Hold your baby skin-to-skin to encourage latching

3



Listen for swallowing sounds—this indicates your baby is drinking milk

4



Baby's mouth should cover both the nipple and areola for an effective latch

5



Feed on demand, typically every 2-3 hours

## Common Concerns & Support



**Sore nipples:** Check your baby's latch and use nipple creams

**Low milk supply:**

Feed frequently, stay hydrated, and eat a balanced diet



**Returning to work:**

Express milk and store it safely

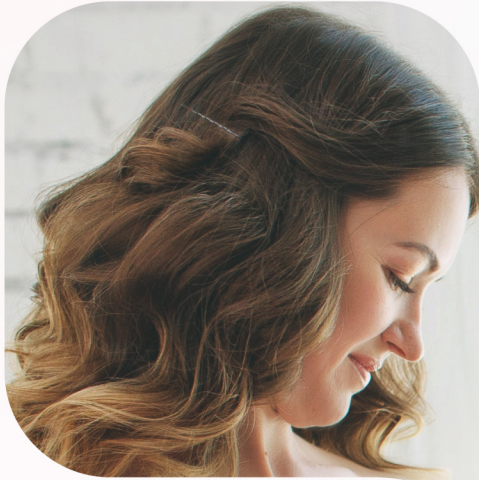
**Engorgement:** Nurse often or express milk; try warm compresses before feeding



**Baby refusing the breast:**

Try different positions and create a calm environment with minimal distractions





## How does breastfeeding work?

### Colostrum (First Milk)

Rich in antibodies and essential for newborns' immunity

### Milk Production

Demand based-more feeding leads to more milk

### Let-down Reflex

Hormones trigger milk flow when the baby suckles

## How Often to Feed?

Newborns **feed 8-12 times** in **24 hours**

Watch for hunger cues:  
**Rooting, sucking, and hand-to-mouth movements**

Allow the baby to finish **one breast** before switching



## When to Seek Help?

- The baby isn't gaining weight
- Feeds are painful and uncomfortable
- You have concerns about the milk supply
- Signs of mastitis: redness, swelling, fever

# Expressing & Storing Breast Milk

Expressing and storing breastmilk provides flexibility for mothers while ensuring babies receive essential nutrition and immunity-boosting benefits. It helps maintain milk supply, prevents engorgement, and allows caregivers to assist with feeding when needed. Having a supply of stored milk also offers peace of mind in case of emergencies, work commitments, or medical situations.



Hand or pump expression; Useful for working mothers or relieving engorgement



Store in clean, sterilised containers to reduce the risk of contamination



Storage Guidelines:  
Room temperature: 4 hours  
Refrigerator: 3 to 4 days  
Freezer: 6 months



**Embrace  
Mother & Child**  
Care at every step

## Comprehensive Care for Mothers



**Obstetrics and  
Gynaecology**



**Preventive  
Health**



**Aesthetic &  
Dermatology Care**



**Aesthetic, Regenerative &  
Functional Gynaecology**



**Endocrinology**



**Mental Health**



**Physiotherapy**



**Orthopaedic Care**



**Home Care**

## Dedicated Care for Children



**Neonatal Care**



**Paediatrics**



**Dermatology**



**Dental Care**



**ENT**



**Orthopaedics**



**Vision Care**



**Mental Health**

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Clinics: Dubai Festival City Mall | The Villa Centro | Nakheel Mall