

# Breastfeeding Basics

Here are some breastfeeding basics that you may find helpful. Talk to your baby's doctor, nurse or your lactation specialist if you have other questions.

## **Mother's Diet**

No special foods or diets are needed for breastfeeding. Some helpful tips:

- Choose a variety of healthy foods for your meals and snacks each day. Eating healthy will help you and your baby feel well.
- Eat 4 to 5 servings of dairy products each day. A calcium supplement can help you get enough calcium.
- Drink water or fruit juices when you are thirsty.
- Take your prenatal vitamins as directed by your doctor.
- Limit caffeine and artificial sweeteners in your diet. Caffeine is in chocolate, coffee and tea. Artificial sweeteners are in diet soft drinks and in some low calorie or diet foods.
- Avoid drinking alcohol. Alcohol takes about 2 to 3 hours per serving to leave breast milk.
- It takes about 4 to 6 hours for the foods you eat to show up in your breast milk. If you have a family history of an allergy or your baby seems fussy after you eat a certain food, avoid that food and see if your baby feels better. Some babies have a hard time when a mother eats dairy products or vegetables such as broccoli, beans, onions or peppers. If the problem persists, talk to your doctor.
- Avoid weight loss diets. To lose weight, walk more and limit high calorie foods.

# Osnove dojenja

Ovdje možete pročitati o osnovama dojenja, što Vam može biti korisno. Ukoliko imate dodatnih pitanja, posavjetujte se sa bebinim ljekarom, medicinskom sestrom ili stručnjakom za dojenje.

## Ishrana majke

Za dojenje nije potrebna nikakva posebna hrana ili ishrana. Nekoliko korisnih savjeta:

- Svakodnevno za obroke ili užinu birajte raznoliku, zdravu hranu. Zdrava ishrana će pomoći i vama i Vašoj bebi da se dobro osjećate.
- Svakodnevno jedite 4 do 5 obroka bogatih mliječnim proizvodima. Dodatak kalcijuma će Vam pomoći da unesete dovoljne količine kalcijuma.
- Kada ste žedni pijte vodu ili voćne sokove.
- Vitamine za trudnice uzimajte u skladu sa uputama ljekara.
- Ograničite konzumiranje kofeina i umjetnih zaslađivača. Kofein se nalazi u čokoladi, kafi i čaju. Umjetni zaslađivači se nalaze u dijetalnim bezalkoholnim pićima i pojedinoj niskokaloričnoj ili dijetalnoj hrani.
- Izbjegavajte alkohol. Da bi jedna čaša alkohola je nestala iz majčinog mlijeka, potrebno je da prođe oko 2 do 3 sata.
- Da bi hrana dospjela u majčino mlijeko, potrebno je oko 4 do 6 sati. Ako u porodici postoje alergije ili vam se čini da se beba uznemiri nakon što pojedete određenu vrstu hrane, izbjegavajte tu hranu i pratite da li će se beba bolje osjećati. Pojednim bebama je teško kada majka jede mliječne proizvode ili povrće poput brokula, graha, crvenog luka ili paprika. Ukoliko problem potraje, posavjetujte se sa svojim ljekarom.
- Izbjegavajte dijetalnu hranu. Ukoliko želite izgubiti na težini, više šetajte i ograničite unos visokokalorične hrane.

## **Getting Started**

Colostrum, the first milk your body makes, is very good for your baby. Over the next few days, your breasts will feel fuller, and you will have more milk. Your milk supply will depend on how much milk and how often your baby takes from the breast. The more milk your baby takes, the more milk your breasts will make.

The nurses will help you and your baby learn how to breastfeed. Relax and give yourself time to learn.

Your baby may be very sleepy the first few days. Your baby's stomach is small so your baby will need to feed often. You may feel increased thirst while nursing, drowsiness during breastfeeding and mild uterine contractions while breastfeeding the first few days.

Avoid feeding your baby from a bottle, either breastmilk or formula, for the first 3 to 4 weeks or until your baby learns to feed well. Sucking from a bottle is a different mouth action. Bottle sucking may interfere with the baby's nursing at the breast.

After the first 3 to 4 weeks, you can try to feed your baby breast milk through a bottle if you would like. If your baby is not able to breastfeed, you can pump your breast milk, feed your baby the breast milk through the bottle or freeze the breast milk in a closed container for later use.

## **Feeding Cues**

Your baby will give you signs of hunger called feeding cues. Your baby's feeding cues may include:

- Clenched fists
- Hands to mouth
- Licking of lips

## Početak

Kolostrum, prvo mlijeko koje proizvede Vaš organizam, je veoma dobro za Vašu bebu. U toku nekoliko slijedećih dana, Vaše grudi će biti punije i imaćete više mlijeka. Količina mlijeka će zavisiti od količine mlijeka koju beba popije i učestalosti kojom sisa mlijeko. Što više mlijeka beba popije, više mlijeka će se stvoriti u grudima.

Medicinske sestre će Vama i Vašoj bebi pomoći da naučite kako da dojite. Prilikom učenja se opustite i budite strpljivi.

Može se desiti da prvih dana Vaša beba bude veoma pospana. Bebin stomak je malen tako da bebe često traže da jedu. Prvih dana se može desiti da za vrijeme dojenja osjećate žeđ, umor i blage kontrakcije maternice.

U toku prve 3 do 4 sedmice bebu izbjegavajte hraniti flašicom bez obzira da li je u njoj majčino mlijeko ili mliječna formula sve dok beba dobro ne nauči kako se jede. Sisanje mlijeka iz flašice zahtijeva drukčije pokrete usta. Sisanjem mlijeka iz flašice može se poremetiti dojenje.

Ukoliko želite, nakon prve 3 do 4 sedmice bebu možete pokušati hraniti majčinim mlijekom iz flašice. Ako beba ne može sisati, možete ispumpati mlijeko iz grudi, nahraniti bebu majčinim mlijekom iz flašice ili ga zamrznuti u zatvorenoj posudi i čuvati za kasniju upotrebu.

## Znakovi gladi

Kada je gladna, Vaša beba će vam dati znakove koji se zovu znakovi gladi. Znakovi gladi mogu uključiti:

- stisnute šake
- šake u ustima
- oblizivanje

- Moving of arms and legs
- Turning the head towards your body
- Sounds
- Crying

Try to begin feeding your baby before he or she becomes too upset.

### **How is my baby doing with breastfeeding?**

Watch for signs that your baby is latched on to your nipple well and getting milk. Signs may include:

- A fast, shallow motion in the cheeks as your baby first latches on that changes to a deep, slow, rhythmic motion.
- Motion near your baby's ear and temple as your baby's lower jaw moves up and down.
- Seeing, hearing, or feeling your baby swallowing.
- Feeling a tingling sensation in the breast.

### **Is my baby getting enough milk?**

If your baby is getting enough milk, your breasts will be full with milk, soft after feedings and refill between feedings. Your baby will:

- Have 6 or more wet diapers in a 24 hour period
- Sleep between feedings
- Have more than 2 bowel movements each day
- Gain weight

- pokrete rukama i nogama
- okretanje glave prema Vašem tijelu
- glasovi
- plač

Pokušajte nahraniti bebu prije nego što se previše uznemiri.

### **Da li dobro dojim bebu?**

Pratite znakove da li je Vaša beba dobro prihvatila bradavicu i da li dobija mlijeko. Znakovi mogu biti:

- ubrzan i plitak pokret površine obraza kada beba tek prihvati bradavicu mijenja se u dubok, sporiji, ritmičan pokret;
- pokret blizu bebinog uha i sljepoočnice dok se bebina donja vilica pomijera gore-dole;
- možete vidjeti, čuti ili osjetiti bebino gutanje;
- osjećaj golicanja u grudima.

### **Da li moja beba dobija dovoljno mlijeka?**

Ako beba dobija dovoljno mlijeka, grudi će vam biti pune mlijeka, mekane nakon dojenja i ponovo se napuniti mlijekom u pauzi između obroka. Vaša beba će:

- nakvasiti 6 ili više pelena u periodu od 24 sata
- spavati između dojenja
- imati više od 2 stolice dnevno
- dobijati na težini

A healthy, full term baby who is nursing well does not need extra water or formula. Do not feed your baby extra water or formula unless ordered to do so by your baby's doctor. Talk to your baby's doctor, nurse or your lactation specialist if you do not think that your baby is getting enough milk.

### **How often will my baby feed?**

Feedings are timed from the start of one feeding to the start of the next. At first, try to feed your baby every 2 to 3 hours during the day and evening, and at least every 4 hours during the night. If your baby gives feeding cues, feed your baby. Your baby may want several feedings very close together. By the end of the first week, your baby will be nursing 8 to 12 times in 24 hours. As your baby and your milk supply grow, your baby may begin feeding less often.

Even after babies are able to sleep for longer periods, their sleep is sometimes disturbed by dreams, hunger or a busy day. Expect that your baby will wake at night and may need to be fed.

Babies have growth spurts in their first 6 months and will nurse more often during them. By feeding more often, your body will make more milk to get through the growth spurts. These spurts often last 3 to 5 days.

### **How long will my baby feed?**

Feed your baby until he shows signs that he is full such as slowing down sucking and then detaching himself from the breast, and relaxing his hands, arms and legs. If you stop before your baby is done, your baby may not get the high fat milk. This is the milk that is best for growth.

Allow your baby to completely finish feeding on the first breast. This may take 10 to 25 minutes. Then offer the second breast. Your baby may feed for a while on that breast, or not want the second breast at all. Alternate the breast you begin with at each feeding. Some mothers track which breast to begin with by pinning a safety pin to their bra strap.

Zdravoj bebi rođenoj na vrijeme, koja se pravilno doji, nije potrebno da dodatno pije vodu i mliječnu formulu. Nemojte bebi dodavati vodu ili mliječnu formulu, osim ako vam ljekar nije tako preporučio. Ukoliko smatrate da Vaša beba ne dobija dovoljno mlijeka, o tome se posavjetujte sa bebinim ljekarom, medicinskom sestrom ili stručnjakom za dojenje.

## **Koliko često će moja beba jesti?**

Trajanje obroka se mjeri od početka jednog do početka drugog obroka. Pokušajte u početku bebu hraniti svaka 2 do 3 sata u toku dana i predveče, a najmanje svaka 4 sata u toku noći. Ako vam beba pokaže znakove gladi, nahranite je. Vaša beba može tražiti nekoliko obroka koji su vrlo blizu jedan drugog. Krajem prve sedmice, bebu ćete dojiti od 8 do 12 puta u periodu od 24 sata. Kako beba bude rasla, a količina mlijeka se povećavala, može se desiti da će beba rjeđe tražiti da jede.

Čak i kada bebe mogu spavati duže, spavanje ponekad remete snovi, glad ili događaji u toku dana. Očekujte da će se beba probuditi u toku noći i da može tražiti da jede.

U toku prvih 6 mjeseci života, bebe prolaze kroz periode naglog rasta i u tom periodu će češće tražiti da jedu. Što češće hranite bebu, Vaš organizam će stvarati više mlijeka da bi ste uspješno prevazišli periode naglog rasta. Ovi periodi naglog rasta najčešće traju 3 do 5 dana.

## **Koliko dugo će moja beba jesti?**

Bebu hranite dok ne pokaže znakove sitosti, poput usporenog sisanja, a nakon toga slijedi ispuštanje bradavice i opuštanje šaka, ruku i nogu. Ukoliko prestanete dojiti bebu prije nego što završi sa jelom, beba ne može dobiti punomasno mlijeko. Ovo je mlijeko najbolje za rast bebe.

Pustite bebu da potpuno završi sa sisanjem prve dojke. Ovo može trajati 10 do 25 minuta. Nakon toga joj ponudite drugu dojku. Izvjesno vrijeme, Vaša beba može sisati tu dojku, a može se desiti i da uopšte ne želi sisati drugu dojku. Svako dojenje počnite sa drugom dojkom. Način na koji pojedine majke prate s kojom dojkom počinju podoj je tako što zakače bašliju na onu stranu grudnjaka s kojom će početi slijedeće hranjenje.



## **Waking the Sleeping Baby**

If your baby is in a deep sleep, do not wake your baby for a feeding. If your baby is asleep but has some body motions such as eye motion under the lid, active mouth and tongue motion, or sucking in sleep, this is the best time to wake your baby for a feeding.

At night, dim the lights and keep the room quiet. Avoid startling movements. Wake the baby gently by moving your baby or you can change your baby's diaper. If after 15 minutes your baby shows poor interest in breastfeeding, try an hour later.

**Talk to a doctor, nurse or lactation specialist if you have any questions or concerns.**

## **Buđenje bebe**

Ako Vaša beba spava dubokim snom, nemojte je buditi zbog hranjenja. Ako beba spava, ali pravi povremene tjelesne pokrete kao što su mrdanje oka ispod zatvorenog kapka, aktivno mrdanje ustima ili jezikom, ili sisanje u snu, ovo je najbolje vrijeme da bebu probudite i nahranite.

Noću držite svjetlo prigušeno, a u sobi obezbjedite mir. Izbjegavajte iznenadne pokrete. Bebu polako probudite tako što ćete je nježno pomjeriti ili promijeniti joj pelenu. Ako nakon 15 minuta Vaša beba ne pokaže veliku želju za dojenjem, pokušajte ponovo za jedan sat.

**Ako imate bilo kakvih pitanja ili briga, posavjetujte se sa ljekarom, medicinskom sestrom ili stručnjakom za dojenje.**

2007– 11/2011 Health Information Translations

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Breastfeeding Basics. Bosnian.