

Getting Started Breastfeeding Your Baby

Breastmilk is the perfect food for your baby. It is all your baby needs for the first 6 months of life. It can take time to learn how to breastfeed. Be patient. You and your baby are both learning something new.

The first milk your body makes is called colostrum. It is often a thick, creamy yellow. Colostrum is rich in nutrients and antibodies that protect your baby from infections and diseases. Breastmilk changes as your baby grows. It becomes a thin, white liquid that sometimes may even look bluish.

Babies do not need any extra water. Your milk is all they need. Avoid giving your baby bottles, pacifiers or using nipple shields in the first few weeks of life unless directed to do so by a doctor. The more often you breastfeed, the more milk you make. It is normal for babies to breastfeed every 1 to 3 hours in the beginning.

Getting Ready to Breastfeed

Wash your hands and make yourself comfortable. Use pillows to help you hold and support your baby. Some mothers massage their breasts gently before breastfeeding.

Kako početi sa dojenjem

Majčino mlijeko je savršena hrana za vašu bebu. To je sve što joj treba u toku prvih 6 mjeseci života. Bebi može trebati malo više vremena da nauči kako da siše majčino mlijeko. Budite strpljivi. Vi i vaša beba zajedno učite nešto novo.

Prvo mlijeko koje vaš organizam proizvodi zove se kolostrum. Kolostrum je često gust i kremastožut. Kolostrum je bogat hranljivim sastojcima i antitijelima koja bebu štite od infekcija i bolesti. Majčino mlijeko se mijenja kako beba raste. Pretvara se u rjeđu, bijelu tečnost, koja ponekad može imati i plavičast izgled.

Pored majčinog mlijeka, bebama ne treba voda. Vaše mlijeko je sve što im je potrebno. Izbjegavajte da bebi dajete flašicu, cuclu varalicu ili da koristite silikonske bradavice u toku prvih nekoliko sedmica, osim ako takva uputstva ne dobijete od ljekara. Što češće dojite bebu, više mlijeka će se proizvoditi. Na početku je normalno da bebe sišu majčino mlijeko svakih 1 do 3 sata.

Pripreme za dojenje

Operite ruke i zauzmite udoban položaj. Za potporu i pridržavanje bebe koristite jastuke. Neke majke nježno izmasiraju grudi prije dojenja.

Holding Your Baby to Breastfeed

There are several positions you can use to breastfeed your baby. Make sure you have your baby at breast height so that you are not leaning over your baby. Always bring your baby to your breast instead of trying to put your breast into your baby's mouth.

Football and cross cradle holds will provide the best head control for the newborn.

- **Football or Under the Arm Hold**

1. Place your baby on a pillow at your side.
2. Support your breast with 4 fingers below and your thumb above, forming a "C". Make sure your fingers are behind the areola, the dark area around your nipple.
3. Hold your baby tucked under your arm. Place the palm of your hand on your baby's upper back, between the shoulder blades. Control your baby's head at the neck, below the ears.
4. Lift your baby up to your breast.
5. Tickle your baby's lips with your nipple and wait until your baby's mouth opens wide.
6. Bring your baby onto your breast.



Kako držati bebu pri dojenju

Postoji nekoliko položaja koje možete primijeniti pri dojenju bebe. Pobrinite se da beba bude u nivou grudi tako da se ne savijate preko bebe. Uvijek prinesite bebu dojci, a ne obrnuto – ne prinosite dojku bebinim ustima.

Držanje u stilu nogometne lopte ili na rukama će omogućiti najbolji način kontrole glavice novorođenčeta.

• Položaj nogometne lopte ili ispod ruke

1. Bebu spustite na jastuk pored sebe.
2. Pridržite dojku tako što ćete staviti 4 prsta ispod dojke, a palac odozgo, tako da zajedno formiraju slovo „C“. Prste stavite iza areole, tj. tamnog kruga oko bradavice.
3. Bebu stavite ispod ruke. Dlan stavite na gornji dio bebinih leđa, između lopatica. Čuvajte bebinu glavicu tako što ćete gornjim dijelom šake pridrživati vrat, ispod ušiju.
4. Podignite bebu prema grudima.
5. Bradavicom golicajte bebine usnice i sačekajte da širom otvori usta.
6. Prinesite bebu dojci.



- **Cross Cradle Hold**

1. Place your baby on a pillow across your lap so he or she faces you at breast level.
2. Support your breast with the hand on that side with your fingers and thumb below to form a “U” shape.
3. Place your baby’s legs under the arm opposite the breast from which he will be feeding.
4. Support your baby’s head and back with your arm and hand your baby’s legs are under.



- **Cradle Hold**

Many mothers find this hold hard at first. It gets easier as your baby gets a little bigger and more skillful at nursing.

1. Place your baby on her side with baby’s tummy facing you, using pillows so she is at breast level.
2. Rest your baby’s head on your forearm.
3. Support your baby’s back and hold her bottom with your hand.



- **Unakrsno držanje u položaju kolijevke**

1. Bebu spustite na jastuk na svom krilu tako da bebina glavica bude okrenuta prema vama u nivou dojke.
2. Tu dojku pridržite šakom tako što ćete prste i palac staviti ispod dojke kako bi svi prsti zajedno formirali slovo „U“.
3. Bebine nožice stavite ispod suprotne ruke u odnosu na dojku kojom ćete dojiti bebu.
4. Poduprite bebinu glavicu i leđa tom istom rukom ispod koje se nalaze bebine nožice.



- **Položaj kolijevke**

U početku mnoge majke misle da je ovaj položaj težak. On postaje lakši kako beba raste i postaje vještija u dojenju.

1. Bebu stavite na stranu tako što će bebin stomačić biti okrenut prema vama, a kao potporu koristite jastuke tako da beba bude u nivou grudi.
2. Bebinu glavicu spustite na prednji dio ruke.
3. Šakama podupirite bebina leđa i guzu.



- **Side-Lying Hold**

This hold is also hard at first unless you have help.

1. Make yourself comfortable by lying on the same side as the breast from which you will feed.
2. Use pillows for support.
3. Place your baby on his side facing your breast.
4. Cradle your baby with the base of his head in the bend of your arm.



Latching On

When your baby is positioned and your breast is supported, you are ready for your baby to latch onto your nipple.

- Place your hand under your breast behind the dark area around the nipple called the **areola**. Gently lift the breast. Guide your nipple toward your baby's mouth.
- Tickle your baby's lips with your nipple. Gently squeeze out some milk. Your baby should open his or her mouth wide. Aim the nipple up and back, deep into your baby's mouth.
- When your baby opens her mouth wide like a yawn, pull your baby closer. This allows you to help your baby get as much of the areola inside your baby's mouth.

- **Držanje sa strane**

I ovaj položaj je težak u početku, osim ako vam neko ne pomogne.

1. Udobno se namjestite i ležite na stranu na kojoj ćete hraniti bebu.
2. Za potporu koristite jastuke.
3. Bebu stavite na stranu tako da bude okrenuta prema vašim grudima.
4. Svojom savijenom rukom poduprite bebinu glavicu i potiljak.



Prihvatanje

Kada ste stavili bebu, a dojku poduprli, spremni ste za prinošenje bebe bradavici.

- Šaku stavite ispod dojke, iza tamnog kruga oko bradavice koji se zove **areola**. Nježno podignite dojku. Približite bradavicu bebinim ustima.
- Bradavicom golicajte bebine usnice. Nježno istisnite malo mlijeka. Vaša beba treba širom otvoriti usta. Mrdajući bradavicu gore-dole, stavite je duboko u bebina usta.
- Kada beba jako otvori usta, kao da zijeva, primaknite je sebi. Ovo će vam omogućiti da što veći dio areole uđe u bebina usta.

- Hold your baby's body against your stomach with the tip of your baby's nose and chin next to your breast. Continue to hold your breast to support its weight and to prevent your nipple from falling out of your baby's mouth.
- Burp your baby before switching to your other breast. For the next feeding, start on the side you ended with at the last feeding.

How often should I breastfeed?

Breastfeed every 2 to 3 hours during the day so that your baby may not wake as often during the night for feedings. Fewer day feedings mean that your baby will need more feedings at night. During the first 3 months, babies need to feed 8 to 10 times in a 24-hour period. Breastfeeding often helps you make more milk and prevents your breasts from becoming overfull or engorged.

How soon should I breastfeed after my baby is born?

Breastfeed right after delivery if possible. Continue to breastfeed your baby every 2 to 3 hours even if your milk has not come in or you do not have a lot of milk yet. In the early days of life, breastfeeding is very important. Practice times together help you and your baby get to know one another. Be patient with yourself and your baby.

- Bebu držite uz svoj stomak, a vrh bebinog nosića i bradu uz dojku. Nastavite pridrživati dojku kako bi ste poduprli njenu težinu i spriječili da bradavica ispadne iz bebinih usta.
- Prije nego što promijenite stranu, pustite bebu da podigne. Prilikom slijedećeg podoja, počnite sa onom stranom na kojoj ste prethodno završili dojenje.

Koliko često trebam dojiti bebu?

Bebu dojite svaka 2 do 3 sata tokom dana tako da postoji manja mogućnost da se beba češće budi zbog podoja u toku noći. Rjeđi podoji u toku dana znače da će bebi trebati više podoja noću. U toku prva 3 mjeseca, bebama je potrebno da jedu 8 do 10 puta u periodu od 24 sata. Dojenje vam često pomaže da proizvedete više mlijeka i sprječava da se grudi prepune mlijekom i oteknu.

Koliko brzo nakon bebinog rođenja trebam početi sa dojenjem?

Ukoliko je moguće, bebu dojite odmah nakon rođenja. Nastavite je dojiti svaka 2 do 3 sata čak i ako vam mlijeko nije nadošlo ili još nemate dovoljno mlijeka. Dojenje je veoma važno u prvim danima života. Vrijeme koje provedete zajedno uvježbavajući dojenje pomaže vama i vašoj bebi da se bolje upoznate. Budite strpljivi sami sa sobom i sa svojom bebom.

How long should I breastfeed my baby?

Most babies will breastfeed for about 15 to 20 minutes the first 24 to 48 hours. After this time, the baby may want to breastfeed for 20 minutes on one breast and continue for up to 20 minutes on the second breast. Let your baby, rather than the clock, decide when he is finished.

Helpful tips:

- Breastfeed your baby on the first breast until he is done. The baby may slow down and comfort suck, release the nipple or start to fall asleep with the nipple resting in his mouth.
- Burp your baby and offer your other breast.
- Some babies breastfeed on both breasts at each feeding, while others may breastfeed on only one. If your baby takes the second breast, let your baby breastfeed on the second breast until he is finished.
- When finished, your baby will act full, relaxed and content.



Koliko dugo trebam dojiti svoju bebu?

Većina beba doji od 15 do 20 minuta prvih 24 do 48 sati. Nakon toga, beba može željeti da doji 20 minuta jednu dojku, a onda da nastavi dojiti i drugu dojku do 20 minuta. Umjesto da gledate na sat, radije pustite bebu da sama odluči kada će prestati.

Savjeti:

- Bebu dojite na prvoj dojci sve dok ne završi. Beba može usporiti i sisati zato što je to smiruje, pustiti bradavicu ili zaspati sa bradvicom u ustima.
- Podignite bebu da podigne i ponudite joj drugu dojku.
- Neke bebe sišu mlijeko iz obje dojke svaki puta kada jedu, dok druge mogu sisati samo jednu dojku. Ako vaša beba poželi sisati mlijeko i iz druge dojke, pustite je da jede sve dok ne završi.
- Kada završi, primijetit ćete da je vaša beba sita, opuštena i zadovoljna.



How do I take my baby off my breast?

Taking your baby off your breast or breaking the suction of your baby's tongue may be done in two ways:

- Insert your finger in the corner of your baby's mouth, between your baby's gums.
- Curl your baby's lower lip over his lower gum until you feel your baby's tongue release your nipple. Then remove your baby's head away from your breast gently.

How do I know if my baby is getting enough to eat?

Your body makes as much milk as your baby needs. If you breastfeed every 2 to 3 hours for 20 minutes on each breast, your body will produce more than enough milk for your baby. 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

Call your baby's doctor, clinic or a Lactation Specialist for help if you think your baby is not getting enough to eat.

Kako da sklonim bebu sa dojke?

Sklanjanje bebe sa dojke ili prekid sisanja se može uraditi na dva načina:

- stavite prst u ugao bebinih usta, između desni;
- savijte bebinu donju usnicu preko donje desni dok ne osjetite da je bebin jezik ispustio bradavicu. Zatim nježno sklonite bebinu glavicu sa svoje dojke.

Kako ću znati da li beba dobija dovoljno mlijeka?

Vaš organizam proizvodi onoliko mlijeka koliko je potrebno vašoj bebi. Ako dojite svaka 2 do 3 sata po 20 minuta na svakoj dojci, vaš organizam će proizvoditi više nego dovoljno mlijeka za vašu bebu. Ako beba dobija dovoljno mlijeka, vaše grudi će biti pune mlijeka, mekane nakon podoja i ponovo se napuniti u periodima između dojenja. Vaša beba će:

- umokriti 6 ili više pelena u periodu od 24 sata
- spavati između obroka
- svakodnevno imati više od 2 stolice
- dobijati na težini

Ukoliko smatrate da vaša beba ne dobija dovoljno mlijeka, o tome se posavjetujte sa bebinim ljekarom, osobljem na klinici ili stručnjakom za dojenje (laktaciju).

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