Feeding the baby is one of the most enjoyable moments of being a parent but isn’t it more enjoyable if you feed your baby with your own milk? Did you know that breastfeeding can lower the risk of cancer, type II diabetes and heart disease? Did you know that breastfeeding can lower the chance for your baby to become obese and to develop the type I diabetes?

Breastfeeding is beneficial for mother and for baby. Breastfeeding is natural but it’s not easy as we think. There are some mothers who stop their breastfeeding as they planned and end up to powdered milk.

Why yes to breastfeeding? Breast milk is the super food of our babies. Breastfeeding has an economic benefits for families, no expenses at all and illness episode reduce. The bonding of the mother and the baby is greatly established. Breastfeeding also loose the weight gained in pregnancy.

Commercial powdered milk products always remind us that breast milk is suitable for infants from zero up to 2 years of age; so why we still continue buying their products and sometimes introduced it to others? Here are some tips to make your breastfeeding successful.

1. One way to produce more milk is to prepare your mind and your body. Always think a happy moments when feeding your baby because happy thoughts from a mother absorbs by the baby. Drink a lot of water before and after breastfeeding.

2. Positive vibes around is necessary. Support system is important to boost the mothers’ confidence in continuing the breastfeeding. Do not allow yourself to entertain the judgement of others.
3. Be part of them. Communicate with the other mothers who were also practicing breastfeeding because they are good source of information like Breastfeeding Pinay in Facebook it is a closed group in social media who supports newly mom who wants to start breastfeeding.

Now get ready for your breastfeeding journey. Feed your baby as he wants. Start his first year of life with full of determination, love and patience. Be a fit breastfeeding mother with a healthy mother.

Reference:
Lactation Management Program
Rossana Duico
PHO Officer, Balanga City