



BREASTFEEDING

The miracle of nature





Mother and Child Spaces

Since April 2017, METADRASI operates two Mother and Child spaces in the Regional Asylum Offices of Athens and Thessaloniki, with the support of UNICEF.

Each space has a private mother and baby area, where mothers can breastfeed and care for their babies, as well as indoor and outdoor areas where children can play and participate in structured creative and psychosocial activities. At the Mother and Child Space, you may obtain information about the health and care of your babies and children, as well as useful information about other available sources of specialist care.



Breastfeeding is the natural way of feeding the baby

The WHO and UNICEF recommend exclusive breastfeeding for the first six months of a baby's life. More specifically, it is suggested that infants should breastfeed exclusively for the first 6 months of their lives, in order to have an ideal growth, development and health. After this period, and in order to meet their increasing nutritional needs, infants should be fed gradually with safe and adequate complementary food, in addition to breastfeeding. Breastfeeding can continue up to the first 2 years of life or even longer.



Colostrum: What do I need to know ...

- It is the first milk produced within 1 hour of the birth of the child.
- It is recommended to start breastfeeding within the first hour after birth.
- Colostrum has a high content in vitamins and antibodies, which act as a protection shield for the infant to fight infections.
- It has a laxative effect, that helps the baby eliminate meconium.





Exclusive breastfeeding

- Recommended for the first 6 months of the child.
- No water, no other fluids or food during breastfeeding.
- Take medication only after medical recommendation.
- Exclusive breastfeeding during the first six months.

Breastfeeding positions

Proper placement ensures proper breastfeeding of the baby and helps to produce a sufficient amount of breast milk. There are several ways to position the baby:



Cradle hold



Cross-cradle hold



Clutch (rugby) hold



Side-lying hold



Attachment: The key to successful breastfeeding

- Secure attachment helps prevent nipple injury.
- As it should not be a painful experience, seek medical attention if you feel any pain.

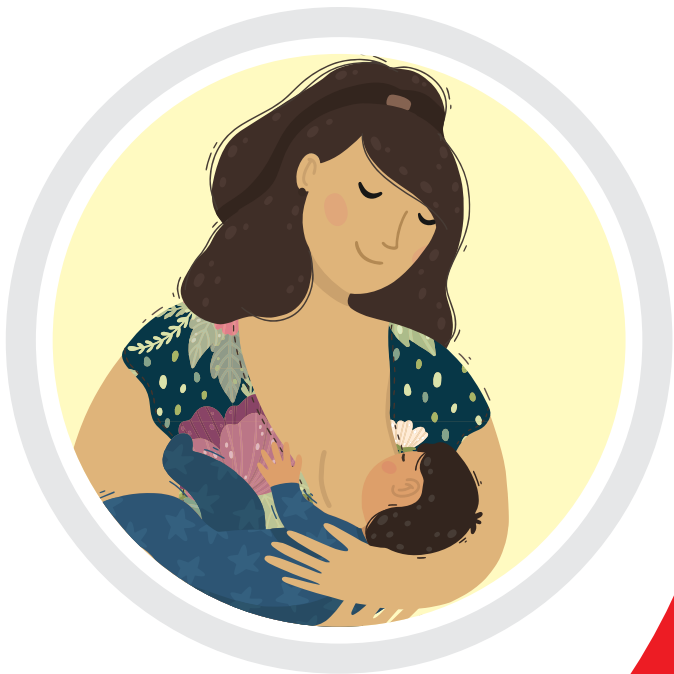


The 4 signs of secure attachment:

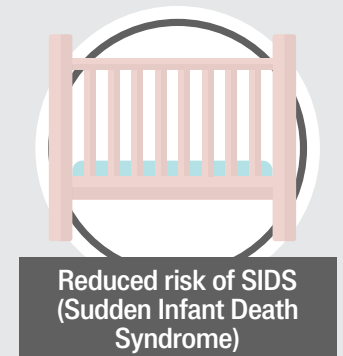
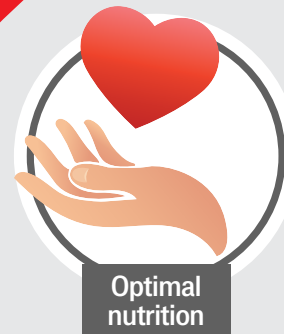
- The baby's mouth is open.
- The upper lip skin is dark.
- The lower lip is turned outwards.
- The baby's chin rests on the mother's breast.

Benefits of breastfeeding for the baby

- Protecting and reducing complications in premature infants. Breastfeeding is especially important for premature babies and infants.
- Protecting against diseases of allergic etiology, such as asthma, eczema and allergy to cow's milk.
- Reducing the risk of gastrointestinal diseases (such as celiac disease, ulcerative colitis, Crohn disease).
- Improving vision and child psychomotor development, while it is also related to a higher IQ.



Amazing benefits of breastfeeding for children



Benefits of breastfeeding for the mother

- Convenience and practicality.
- It is safe, always at the right temperature and does not cost!
- Reduction of blood loss and recovery of the uterus after childbirth.
- Minimized probability of depressive symptoms after childbirth.
- Long-term protection against ovarian and breast cancer.



Possible challenges

- Practice frequent breastfeeding to prevent breast swelling.
- In case of milk extraction, keep it in a cool place for 6-8 hours.
- If you experience pain in either or both breasts, or a fever, seek medical advice.
- If you notice signs from the baby, such as diarrhea, fever, difficulty breathing and refusal to breastfeed, call your doctor and seek advice.



Nutrition after 6 months

In complementary nutrition it is important:

- To always breastfeed before a complementary meal.
- To monitor the emotional response. It is important to be patient and not stress the child.

From 6 to 9 months

Type of food: Mashed-up food.

Frequency: 2 to 3 times daily, plus 1 to 2 snacks.

Quantity: 2 to 3 spoonfuls, up to half a cup at each meal.

From 9 to 12 months

Type of food: finely cut or mashed-up, or foods that the child can catch with its fingers.

Frequency: 3 to 4 times daily, plus 1 to 2 snacks.

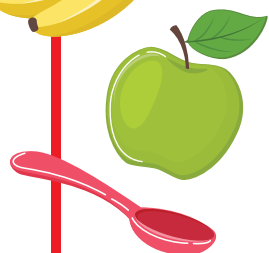
Quantity: At least half ($\frac{1}{2}$) a cup at each meal.

From 12 to 24 months

Type of food: homemade food, cut or mashed-up if necessary.

Frequency: 3 to 4 times daily, plus 1 to 2 snacks.

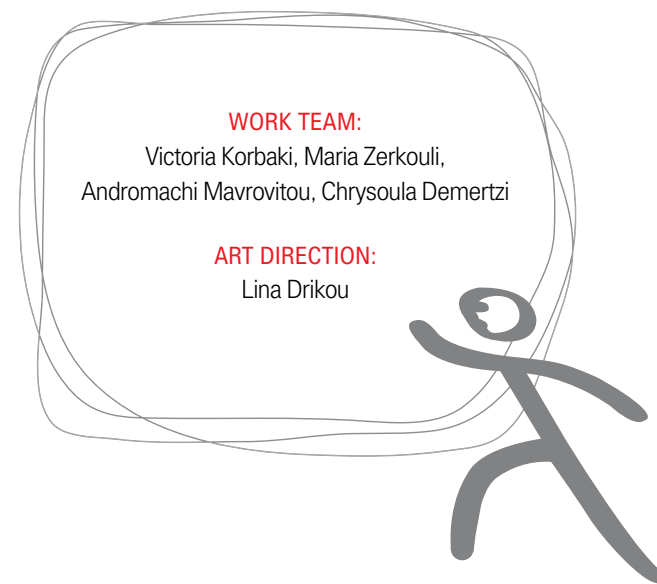
Quantity: Three quarters ($\frac{3}{4}$) of a cup, up to 1 whole cup at each meal.



Possible challenges

Caution! To avoid diseases and infections it is important to observe the following:

- Hand washing before breastfeeding, when preparing food, before and after changing diapers.
- Wash the child's hands before eating.
- Wash and store all utensils.
- It is recommended to use a cup for liquids and to avoid the use of feeding bottles and other utensils with nozzles.



WORK TEAM:

Victoria Korbaki, Maria Zerkouli,
Andromachi Mavrovitou, Chrysoula Demertzi

ART DIRECTION:

Lina Drikou

INFORMATION SOURCES

https://www.unicef.org/nutrition/index_24824.html

https://www.who.int/health-topics/breastfeeding#tab=tab_1

<https://www.nhs.uk/start4life/baby/breastfeeding/>

<https://www.nhs.uk/start4life/baby/breastfeeding/breastfeeding-challenges/colic/>

<https://www.nhs.uk/start4life/baby/breastfeeding/breastfeeding-help-and-support/>

<https://www.breastfeedingnetwork.org.uk/getting-started/>

<https://www.unicef.org.uk/babyfriendly/about/standards/>

<https://www.nct.org.uk/baby-toddler/feeding/early-days/about-breastmilk-and-breastfeeding>

<http://www.factsforlifeglobal.org/04/messages.html>

STRENGTHENING REFUGEE AND MIGRANT CHILDREN'S HEALTH STATUS

IN SOUTHERN AND SOUTH-EASTERN EUROPE



Co-funded by
the Health Programme
of the European Union

*This material is published by
METADRASI, with the support of
UNICEF and funding from DG HEALTH.
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Athens: 7, 25 Martiou street, 17778 Athens, T: (+30)2141008700
Thessaloniki: 7, Vilara street, 54625 Thessaloniki, T: (+30)2310501151

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