

Breastfeeding Basics

Simple early breastfeeding support for families

Core principles

- Initiate breastfeeding as early as possible after birth when mother and baby are stable.
- Exclusive breastfeeding is generally recommended for the first 6 months, with appropriate complementary foods thereafter while continuing breastfeeding.
- Feed responsively according to the baby's cues rather than rigid clock schedules.
- Good positioning and latch reduce nipple trauma and improve milk transfer.

Get help if

- The baby is very sleepy and feeding poorly.
- There are fewer wet diapers than expected, poor weight gain or signs of dehydration.
- The mother has severe breast pain, fever, spreading redness or persistent cracked/bleeding nipples.

Prematurity, low birth weight, maternal illness or certain medicines may require individualized feeding support.

Important: This resource is for general education and does not replace an individual medical consultation. Seek urgent medical care for severe, rapidly worsening or emergency symptoms.