



# GANESH TEST TUBE BABY CENTRE

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# LACTATION & BREASTFEEDING WELLNESS GUIDE

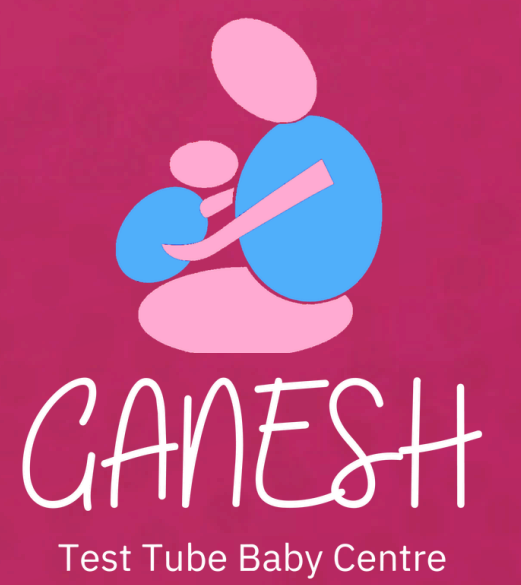
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Expert Breastfeeding Support for Every Mother

*This guide is prepared with love to help you take better care of yourself between your visits. Please read it carefully and follow the advice given here. Always consult your doctor before making any changes to your treatment.*



**Breast milk is the most perfect food for your baby. Breastfeeding also has incredible benefits for YOUR health – it helps your uterus return to normal size faster, reduces the risk of breast and ovarian cancer, and speeds up postpartum weight loss. This guide will help you do it successfully.**



## **DIET FOR BREASTFEEDING MOTHERS**

- **Increase calorie intake by 400–500 kcal/day while breastfeeding** – this is more than during pregnancy!
- **Galactagogues (foods that increase milk supply):**
  - Methi (fenugreek) seeds and methi laddoos – classic and effective.
  - Dalia (broken wheat) and oats porridge – have 1 serving daily.
  - Saunf (fennel) water – drink 2 glasses daily.
  - Ajwain (carom seeds) – add to atta or warm water.
  - Dry fruits (especially almonds and cashews) – 10–15 pieces daily.
  - Gondh ke laddoo – traditional, very effective. Ask your family to prepare.
  - Coconut – fresh or coconut water.
  - Green leafy vegetables – palak, methi, drumstick (sahjan) leaves.
- **Protein is essential** – your body uses extra protein to produce milk. Eat dal, eggs, paneer, chicken or soya at every meal.
- **Calcium 3+ servings daily** – your bones release calcium for milk if you don't eat enough. Protect your bones.
- **Iron-rich foods** – blood loss during delivery means your iron stores are depleted. Continue iron supplements as advised.
- **Stay very well hydrated** – drink water before and after every feeding. Aim for 12–14 glasses a day. Dehydration directly reduces milk supply.
- **Vitamin D** – continue your supplement and get morning sunlight.





## BREASTFEEDING TIPS & TECHNIQUES

- **Feed on demand in the first 4–6 weeks** – every 2–3 hours. Frequent feeding is what builds your milk supply. The more you feed, the more milk is produced.
- **First milk (colostrum) is GOLD** – it is thick, yellowish, and the most important immune boost your baby will ever get. Always put the baby to breast within the first hour of birth.
- **Correct latch is crucial** – the baby should take in the entire areola (dark area around the nipple), not just the tip. A poor latch causes pain and poor milk transfer. Ask our nurse/lactation counsellor for help.
- **Signs of a good feed** – baby is swallowing actively, has a wet/satisfied mouth after feeding, and has 6+ wet nappies a day.
- **Feed from both breasts** – alternate the breast you start with at each feed.
- **Do not give bottles, formula or water in the first 6 months unless specifically advised by your doctor** – this reduces demand and decreases your milk supply.
- **Breast engorgement (painful, hard breasts)** – feed more frequently, apply warm compress before feeding, cold compress after. This usually settles in 2–3 days.
- **Cracked nipples** – apply a few drops of your own breast milk on the nipple after feeding and let it air-dry. Pure lanolin cream or coconut oil can be used.



## ⚠️ WHEN TO SEEK HELP URGENTLY

- Severe breast pain with redness, warmth and fever – this is mastitis (infection). Needs antibiotics. Continue breastfeeding through mastitis.
- Abscess (a lump with pus) – do not try to press or drain. Come to the clinic immediately.
- Baby not regaining birth weight by day 14.
- Baby has less than 6 wet nappies a day after day 4.
- Baby refuses to feed for more than 4 hours continuously.

## 💤 REST & MENTAL WELLBEING

- Sleep deprivation is the biggest enemy of milk supply. Sleep when the baby sleeps – do not use this time for chores.
- Postpartum depression (feeling sad, tearful, disconnected, or anxious after delivery) is very common and very treatable. Do not suffer silently. Tell your doctor.
- Breastfeeding releases oxytocin which is a natural mood-stabiliser.
- Ask for help from family. You cannot do everything alone.
- Avoid harsh dieting or calorie restriction while breastfeeding – it reduces milk supply and depletes your own nutrition.

**🌸 Exclusive breastfeeding for 6 months is the best gift you can give your baby. After 6 months, continue breastfeeding alongside solid foods for up to 2 years. Ask our team for support anytime – breastfeeding is a skill and it CAN be learned.**





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Your health is our priority. Call us anytime with  
your questions — no query is too small.

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This guide is for informational purposes only and does not replace  
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