

## **Nursing Care and Observation of Strict Breastfeeding**

Breast milk provides nutrition for the baby's growth, it also contains natural antibodies, living immune cells, enzymes, etc. that boost the baby's immunity and protect the baby from diseases. It gives the baby an all-round protection.

After mothers choose strict breastfeeding, all of our Nursery staff will give full support and help you in managing breastfeeding. When mothers start to breastfeed their babies, they should have adequate rest and eat fish that are rich in omega-3 fatty acids such as salmons, sardines, thread-fin fish, etc. Calcium-rich foods such as milk and fortified soy milk should also be taken. Staying relaxed can help the production of breast milk which will ensure that the baby receives the necessary water and nutrition.

For the baby, we will pay close attention to:

1. Frequency of urination and bowel motions

It is normal for most babies to have 5-6 wet nappies and 2-3 bowel motions a day, except the first day of birth). This can indicate whether the baby is getting enough milk.

2. The body weight

The baby's body weight is measured twice a day and appropriate actions are taken when needed.

3. The baby's daily bilirubin rate

This is to ensure an early detection of newborn jaundice and provision of prompt and appropriate treatments.

Do not worry if the baby's condition deviates from the normal range. Your attending Paediatrician would communicate with you regularly and give you professional advice. Together we will work to help the baby grow healthily.

Produced by Union Hospital

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