



**HEALTHY FOOD**

**FOR MOTHERS AND BABIES**

**Englisch**

**An information booklet for  
pregnant women and mothers**

## Contents

This booklet was developed in collaboration with the programme **REFUGIUM - Health when seeking asylum** at the Department of Health Sciences of HAW Hamburg.

This booklet will help you to feed you and your baby properly and healthily and in so doing lay the groundwork for a healthy life.

<i>Properly breastfeeding</i>	<b>5</b>
<i>Problems and support for breastfeeding</i>	<b>8</b>
<i>Eating and drinking while breastfeeding</i>	<b>11</b>
<i>If breastfeeding is not possible</i>	<b>13</b>
<i>Complementary food</i>	<b>15</b>
<i>Weaning the baby</i>	<b>18</b>

# Properly breastfeeding

**The longer you breastfeed your child, the better. This should be at least for 4-6 months. There is no reason not to breastfeed. Except in the case of a mother's HIV or hepatitis C infection.**

## **Breastfeeding is good because**

- *breastmilk is the best and healthiest source of food for a baby*
- *it promotes the development of the jaw palate in the baby*
- *breast milk protects against diseases and allergies*
- *breast milk is easily digestible*
- *breast milk costs nothing and is germ-free*
- *a baby can never get too much and feels safe while breastfeeding*
- *the rebuilding of the uterus is supported*

## **Have patience.**

**It takes a while for the breastfeeding rhythm to establish itself. At the beginning every 2-3 hours, and later every 2-4 hours.**

## **You are breastfeeding properly if you**

- *thoroughly wash your hands before each contact with your breast*
- *breastfeed your baby immediately after birth*
- *always breastfeed your baby when he or she is hungry*
- *ensure enough rest and relaxation*
- *do not provide your baby a pacifier or dummy made of rubber (use only dummies made of transparent silicone)*



**Your baby is hungry when**

- he or she opens his or her mouth and turns the head back and forth
- he or she stretches and moves a lot
- he or she puts his or her hand in their mouth
- he or she becomes restless and cries

**A correct breastfeeding position is when**

- there is close body contact
- you are positioned belly to belly with your baby
- the baby is level with the nipple at his or her nose
- the nipple and a large part of the areola are positioned in the baby's mouth
- the baby's lips are turned outwards
- the baby sucks vigorously and you can hear that he or she is swallowing



# Problems and support for breastfeeding

If there is congestion during lactation the breast hurts. It is red, warm and taut.

## Milk congestion arises,

- if milk cannot flow
- if the baby drinks too little and too much milk is formed
- if clothes are too tight
- if you are under too much stress

## Milk congestion can be prevented by

- regular breastfeeding (every 2-4 hours)
- warming of the breast before breastfeeding
- applying cooling overlays after breastfeeding
- massaging and expressing after breastfeeding
- Rest and relaxation

## Mothers and their babies in Germany are entitled to

- gynaecological care
- paediatric care
- care from midwives

## In the midwife consultation you can get help and advice

- for breastfeeding
- for the nutrition of mother and child
- for your health after birth
- for the care of newborns

## The midwife can help when

- breastfeeding does not work
- the baby has abdominal pain or a sore bottom
- the breasts become sore or inflamed

You can also go to a **maternity consultation**.

There you can get help and tips for breastfeeding and handling your baby.

Here you will find the right address:

[www.hamburg.de/behoerdenfinder/hamburg/info/muetterberatung/](http://www.hamburg.de/behoerdenfinder/hamburg/info/muetterberatung/)

In Germany, special medical examinations are given to children. They are called "U" examinations. Ten "U" examinations are carried out until the age of 6 years.



**The doctor can help if**

- you or your baby become sick and have a fever
- you need advice on contraception

**When breastfeeding, contraception should be considered if you want to continue breastfeeding your baby.**

# Eating and drinking while breastfeeding

If the mother has a balanced and varied diet, it is good for the child. Mothers require 500 calories more a day during lactation. Food should always be thoroughly cleaned.

## Eating while breastfeeding

- 5 servings of fruits and vegetables a day
- healthy snacks, such as nuts and dried fruits
- fish and / or meat at least twice a week
- preferably **no** fast food or sweets



## Drinking while breastfeeding

- Drink plentifully and regularly (at least 2 litres a day).
- Breastfeeding teas or herbal teas made from fennel, caraway, aniseed, lemongrass, dill or marjoram are good. All of these promote milk production
- Do **not** drink herbal tea containing sage or peppermint. They inhibit milk production.
- Do not drink more than 2 cups of coffee or black tea a day.
- If possible, do not drink sweetened drinks such as lemonade.



## If breastfeeding is not possible

If breastfeeding is not possible, you can also bottle-feed your baby during the first 4-6 months.

We recommend pre-diets.  
They can serve as the sole nutrition in the first 4-6 months. They are adapted to breast milk.

Single diets also exist. However, these are not as easily digested.



### Preparation and hygiene with bottle feeding

- *Bottle food must be freshly prepared before each meal.*
- *Allow the bottle to rest for a moment after shaking it so that the air bubbles have time to dissolve in the milk.*
- *Do not reheat food leftovers, and just throw them away.*
- *All used bottles and dummies (silicone) must be kept clean. Food remains are breeding grounds for germs.*
- *Wash and dry bottles and dummies thoroughly.*
- *Wrap cleaned bottles and dummies in a clean, dry cloth.*





# Complementary food

**Breastmilk is the best food for a baby during the first 4-6 months.**

**Breastfeeding after this is healthy!  
You can continue to breastfeed your baby during the first years of life.**

If your baby is 5-6 months old, it may also be given porridge as an addition to breast milk.

The baby might then be thirsty more often. Give your baby plenty to drink. Especially drinking water or still mineral water.

In the baby's first half year of life, the water must be boiled before drinking.

Healthy nutrition is important for your child to develop healthily.

Healthy eating prevents problems such as constipation, diarrhoea, flatulence or abdominal pain.

## Attention

### Important: Avoid

- products with added salt, sugar, aromas or those with a strong sweet taste
- honey, raw meat, raw fish or raw milk products

### Milk and complementary food

From the 5th month of life, you can, at intervals of one month, replace one milk meal with the following purees:



Age in months	Milk meals	Complementary diet
0 - 5/6	at least 6, every 2-4 hours	none
5/6	1. Replace milk meal	Vegetable puree (e.g. carrot puree)
6 - 7	2. Replace milk meal (at noon)	Vegetable potato meat puree, rice
7 - 8	3. Replace milk meal	Milk and cereal puree, e.g. in the evening
9	4. Replace milk meal	Cereal fruit puree, as a snack
From 10		Transition to family food

## Weaning the baby

If your child's milk meal is replaced by a solid diet, he or she will become full and drink less breastmilk.

The baby will only have to be fed with short milk meals.

Breastfeeding intervals shall be lengthened.  
This will reduce the milk production.

After each breastfeeding episode, put a cool overlay on your breast. This might be a gel pack. Sage or peppermint tea shall also reduce the milk production.

Stimulate your breast as little as possible and wear a firm bra.

### Attention

**If your breast hurts, talk to your midwife or go to a maternity consultation.**

**Every child is different. Sometimes the weaning is faster, and sometimes it is slower. If you have any questions, you can go to the midwife, to a maternity consultation or to a doctor.**

## Impressum

### Herausgeber

**Bezirksamt Altona**

**Dezernat Soziales, Jugend und Gesundheit**

**Fachamt Gesundheit**

**Kommunales Gesundheitsförderungsmanagement**

Bahrenfelder Straße 254-260

22765 Hamburg

### Layout

**fuchs und veilchen Designstudio**

Ferdinand-Beit-Straße 7B

20099 Hamburg

### Illustrationen

© **Nele Palmtag**

[www.auserlesen-ausgezeichnet.de](http://www.auserlesen-ausgezeichnet.de)

### Druck

**Hausdruckerei der Behörde**

**für Stadtentwicklung und Wohnen (BSW)**

Neuenfelder Straße 19

21109 Hamburg

### Stand

Juni 2019

