

Expecting? Experts Answer Common Concerns Surrounding Breastfeeding

How can I prepare before delivery?

- Choose a Baby Friendly Hospital, learn more here.
- Refer to the HPB's Infant Feeding Plan and share your preferences with your doctor and loved ones so that they are aware.
- Attend antenatal breastfeeding classes with your partner.

Learn more through credible online resources here.



How long should I breastfeed?

The World Health Organisation recommends exclusive breastfeeding for 6 months, if possible. You may continue to breastfeed your baby up to 2 years or longer, as long as you both are comfortable.

Where can I seek additional support?

At the hospital:

- A lactation consultant will guide you through the breastfeeding process. If you need help, do reach out to the nurses and certified lactation consultants.

Upon discharge:

- You can request to be referred to breastfeeding support groups.
- If you encounter breastfeeding challenges, visit a doctor or lactation consultant immediately.



How do I get my family to support me in breastfeeding?

- Share the benefits of breastfeeding with your family members.
- Your spouse can be your ally in supporting your choices and seeking additional support.
- Stay firm in your decision and find someone whom you can rely on.

What can I expect when I start breastfeeding?

- Frequent regular feedings of 8 to 10 feeds a day is normal during the initial 4 to 8 weeks after birth. You may not be able to get a full 8 hours of sleep. Shorter and regular naps will help you adjust to a new schedule.
- You will know your baby is having enough milk when your baby has 6 times or more pale yellow urine and 2 to 5 times or more bowel movement in a day, and your baby's weight is increasing well.



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go.gov.sg/info-ph-18

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