



Mother and childcare

Relax you are doing great!

Your breast milk protects your baby from infections while you are breastfeeding^{1,2}, and from chronic diseases such as diabetes and asthma later in life³⁻⁶.

Did you know? Almost 50% of mothers who stop breastfeeding within the first 8 months do so because they feel that they do not have enough milk^{7,8}.

Milk volume and flow are closely linked to the mother's psychological well-being and stress levels⁹⁻¹¹. In a study carried out by Philips AVENT, mothers expressed significantly more milk after 10-15 minutes of doing a breathing exercise or listening to music¹².

If you are worried that you might not be providing your baby with enough milk, don't be afraid to ask for help. Your healthcare professional can provide relaxation tips, leaving you comfortable in the knowledge that you are supported in breastfeeding for longer

Philips AVENT is a premium partner of EFCNI and supports the European Standards of Care for Newborn Health project



References

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