



“What are the properties of breast milk?”

The first food your baby will get from your breasts is called **first milk, beestings, or colostrum.**

The first milk is very nutritious and is your baby’s first vaccine. It protects the baby from many diseases. Although the amount is small, it is enough to feed the baby and its bowels to work well in the first days.

“How long should I breastfeed my baby?”

For the first six months, babies should be exclusively breastfed without even water.

After the first six months, breast milk should be combined with appropriate complementary foods.

Breastfeeding should be maintained until at least two years of age.

“Do I have to wait before breastfeeding after birth?”

Whether you have a normal birth or a C-section, you should start breastfeeding as soon as your baby is well enough after birth.

You can get advice on how to breastfeed correctly from the hospital where you deliver the baby or from **Migrant Health Centers** and Family Health Centers.

“How can I tell if my baby is getting enough breast milk?”

Any healthy mother can produce enough milk for her baby as long as she drinks enough fluids and eats properly.

The baby gets sufficient breast milk if it urinates 6-8 times a day and increases in weight by at least 500 grams per month or 150-200 grams per week in the first six months.

The newborn may lose some of its birth weight in the first week, yet is expected to gain that weight back within 7-10 days.



“Does breast milk protect against diseases?”

Breast milk protects against diseases such as otitis media, upper and lower respiratory tract infections, colds, future diabetes and obesity, and certain types of cancer.

There is no need to clean the breasts before each breastfeeding.

It is important to wash your hands.

Bear in mind
that the more
you breastfeed,
the more
milk you will
produce.

“Why should I breastfeed my baby?”

Breast milk is the ideal, healthiest food source for your baby and is very easy to digest.

It protects your baby against infections and diseases.

It is known that babies who get enough breast milk have higher intelligence.

Breastfeeding is also important for mothers' health. It lowers the risk of developing breast and ovarian cancers as well as postmenopausal osteoporosis.



Breast milk is the only food your baby needs for the first 6 months.

Breastfeeding should be continued with appropriate supplementary food until at least 2 years of age.

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RIGHT PLACE, QUALITY SERVICES

Contact the nearest **Migrant Health Centre** for more information and support



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BREAST MILK
is the best food
for your baby

