

We support breast feeding in childcare

- We take particular care of your pumped breast milk.
- Your baby will be given his pumped breast milk on demand.
- You can also come and feed your baby yourself.
- We're ready to address all your questions and concerns.

A smooth start in childcare thanks to these tips



Pumping takes practice

You have to learn how to pump. You'll get just a few drops at first, but once you have mastered the technique, you'll be able to pump larger quantities. You can start pumping if the breast feeding is going well, somewhere between 4 and 6 weeks after birth. You should start at least a month before childcare, so that your baby can practice drinking from a bottle.



Let your baby get used to the feeding bottle

Drinking from a feeding bottle is different than drinking from the breast. Sometimes it goes easily, sometimes it takes patience and practice. Let your baby get used to drinking mother's milk from a feeding bottle at ease. You can start at the earliest from the age of 6 weeks when breastfeeding is going well and at the latest a month before starting daycare. Use a teat with the smallest opening and make sure the baby has breathing breaks. From the age of 6 months you can also teach your baby to drink from an open cup.



Build up a small stock of breast milk

Build up a small supply of breast milk before the start of childcare. After you resume your work or your studies, your milk production may decrease slightly. It generally increases again as soon as you are accustomed to the new situation. You can prevent a relapse by giving your baby the breast as often as you can.

Would you like to know more?

Go to kindengezin.be. Go to nutrition and exercise > breast feeding.

If you have any questions or concern, contact:

- Your nurse at the Child and Family Agency
- The Child and Family Line (078 150 100)
- Your midwife (you can find a midwife on vroedvrouw.be)
- Your lactation expert (you can find a lactation expert via bvl-borstvoeding.be)