



Welcome to parenthood

Helpful tips and information for
your special first weeks together



SPEAK TO AN EXPERT:
OUR ADVICE SERVICE FOR PARENTS

For the times when your baby won't stop crying, you're struggling with breastfeeding or you simply need a few words of encouragement to pick you up,

We are here for you - just as you are for your baby

The **Aptacare Expertenteam** offers personalised, sympathetic and knowledgeable assistance with all of your questions about breastfeeding and the nutrition, development and health of your baby. We are on hand to help you with all of your worries and concerns, no matter how big or small.

CHAT TO US IN GERMAN OR ENGLISH ON:

WhatsApp 0151 - 16 34 32 62
(Mon. to Fri. | 8 a.m. to 6 p.m.)

Email expertenteam@aptacare.de

FB [@Aptaclub.de](https://www.facebook.com/Aptaclub.de)

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The first few weeks with your baby

are precious – a wonderful, exciting, often unpredictable time full of new experiences that shape your unique journey as a new family.

Amidst it all, never forget that your feeding routine is as individual as you are. It is absolutely OK to go your own way! Together with our team of paediatricians, breastfeeding counsellors and psychologists, we have compiled a little guide for you. We want you to have the best support possible during your first days and weeks together. So whatever you need help with, we're here for you!

Breastfeeding

is one of the most natural things in the world, but it isn't always easy. Cracked or sore nipples and engorgement can all make breastfeeding more difficult. Read on for more tips and information!

BREAST MILK:
FOR THE BEST START IN LIFE.

Breast milk is and always will be the **best source of nutrition for your baby**. We have carried out decades of research into healthy baby nutrition, and we are proud of our knowledge and innovations. Nevertheless, we still recommend that every mum breastfeeds their baby and actively encourage them to breastfeed for as long as possible.

OUR FIVE BREASTFEEDING TIPS

1. Gently **massage the breasts** to relieve and soothe engorgement
2. Apply a **warm compress** to the breasts or **take a shower** before nursing to stimulate milk flow.
3. Breastfeeding or pregnancy pillows, breastfeeding bras and breast pads can be real **lifesavers**.
4. Apply a **cold compress** to soothe the breasts after breastfeeding.
5. Take lots of **rest** in order to stimulate milk production.



HOW TO RECOGNISE ENGORGEMENT

If your baby doesn't empty the breast completely, engorgement can occur. Painful breasts that may be slightly red or hot can be a warning sign, as can hard areas or small, palpable lumps.

WHAT CAN BE DONE?

To relieve engorgement, latch your baby onto the painful breast first, with their chin pointing towards the lumps. This will ensure that your baby can **empty the milk** from the engorged area. **Important: Contact your midwife, breastfeeding counsellor or doctor for advice.** Although engorgement is rarely serious, it is still important to take **early action** in order to prevent mastitis.



FIVE TIPS TO PREVENT CRACKED NIPPLES

1. Always check that your baby is **positioned correctly** on the breast. If the latch isn't right, you may start to suffer from cracked nipples.
2. **Stop** if you experience **pain** during breastfeeding. Re-attaching your baby will usually help.
3. Change breast pads regularly in order **to keep the nipples dry**.
4. **Breast milk** can help to heal cracked nipples. Rub a few drops of your breast milk on sore nipples and leave to air-dry. The healing properties of the milk help to relieve the discomfort.
5. Sometimes, a **cream** from the pharmacy can also work wonders for cracked nipples.

For inspiration: the four best
breastfeeding
positions



PRACTICAL TIP

Feed your baby from both breasts in order to ensure that milk is produced evenly on both sides. Make sure you alternate breasts. Breastfeeding can take a long time at first. Make yourself comfortable – preferably with a snack and drink within reach.



THE CRADLE POSITION - SAFE IN MUM'S ARMS

Hold your baby by the thigh and bottom and tuck their head in the crook of your arm. Resting your arm on a breastfeeding pillow can help to keep your shoulders and back relaxed



THE CROSS-CRADLE HOLD - YOUR HANDS SUPPORT BABY'S HEAD

For this variation of the classic cradle hold, sit comfortably with your back supported. Rest your baby against your lower arm, use the crook of your arm to support their bottom and support their head with your hand. If you are feeding your baby from the right breast, hold their head with your left hand and vice-versa.



THE SIDE LYING POSITION - COMFORTABLE FOR BOTH OF YOU

Lie down on your side with your back and head supported. Place your baby beside you and attach them to the breast. This position is extremely comfortable and ideal when you are tired. It is therefore great for the first few days after the birth or during the night.



THE RUGBY HOLD - ALSO KNOWN AS THE FOOTBALL HOLD

Sit up straight and rest your baby on your hip or a breastfeeding pillow. Hold their head and neck in your hand. Position baby's legs under your arm along your hip, rather like holding a football under your arm. This position is particularly suitable if your breasts are engorged or you have undergone a Caesarean section and can't place your baby on your stomach while nursing.



Sleep, little one, sleep

Sufficient sleep is essential for healthy development. During the first three months, your baby will sleep for around 16-18 hours every day. In other words, most of the day. In order to ensure that your baby sleeps well, a safe sleeping environment is crucial. This is also an important factor in preventing sudden infant death syndrome.

OPTIMAL SLEEPING CONDITIONS



NEVER USE SOFT, FLUFFY ITEMS IN YOUR BABY'S COT

Rather than using a pillow and duvet, the safest bedding for your baby is a sleeping bag. This prevents them kicking covers off or slipping under blankets.



A SAFE DISTANCE BETWEEN BARS

Make sure there is a safe distance between cot bars – between 4.5 and 6.5 cm is ideal.



THE RIGHT MATTRESS

Ideally, the mattress should be 10 cm thick with a firm edge and free from toxic materials.



KEEP CUDDLY TOYS OUT OF THE COT

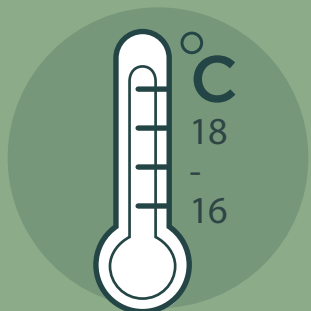
Cuddly toys, sheepskin blankets or nests can cause your baby to overheat or obstruct their airway. As a result, they should not be used in the cot.

OPTIMAL SLEEPING CONDITIONS



COT QUALITY & SAFETY COME FIRST

Make sure that the cot meets all safety requirements (no pointed or sharp edges, no protruding parts).



THE RIGHT ROOM TEMPERATURE

In order to prevent your baby from being too cold or hot, the ideal temperature in your baby's bedroom is between 16 and 18 degrees Celsius.



BACK-SLEEPING IS BEST

Babies under the age of one should always be placed on their back to sleep. This ensures unobstructed breathing. Avoid placing them on their side, since they could roll over onto their stomachs while sleeping.



NO RIBBON OR STRING

Do not use any cord, ribbon or string (e.g. from a mobile) that your baby could get tangled in.

It is normal for babies to cry

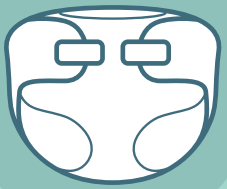
HOW MUCH DOES A BABY CRY?

HOW MUCH DOES A BABY CRY?

During the first six weeks of their lives, babies will cry more every day – from 1.5 hours to around 2.5 hours at six weeks. Your baby will become a little calmer after this and will generally cry for shorter periods. From 16 weeks, you can expect your baby to cry for around one hour per day.

But don't forget: there is no such thing as 'normal'! There is no reason to worry if your baby cries more or less than this. Every baby is different!

WHY YOUR BABY CRIES AND WHAT YOU CAN DO TO HELP



A DIRTY NAPPY

Time for a nappy change!



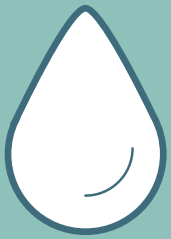
COMMOTION, NOISE & STRESS

Everything is new for your baby and they have a lot to process. It's really no wonder that they can quickly become overwhelmed. Try to create a calm environment for your baby.



NEED FOR ATTENTION

Give your baby your full and undivided attention. You might like to try singing or talking to them, for instance.



YOUR BABY IS HUNGRY

Offer your baby a breastfeed or bottle.



YOUR BABY IS TOO HOT OR TOO COLD

Check their temperature by feeling their neck. You can also use a thermometer and adjust their temperature by using more or fewer clothes and blankets.



NEED FOR PHYSICAL CONTACT

Sometimes your baby just needs to feel that you are there. That's understandable! Who doesn't love a cuddle?

NEVER SHAKE YOUR BABY!

You must never shake your baby. Newborns cannot hold their head by themselves and shaking them can cause serious brain injury. Shaken Baby Syndrome can lead to lifelong mental and physical disabilities and in extreme cases, can even result in death.



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Every baby, every family and every
journey through parenthood is
unique!

Important note: Breastfeeding is best for your baby because breast milk gives your baby all of the essential nutrients they need in precisely the right quantity. It is also the cheapest way to feed your baby and offers good protection against illness. The earlier and more often you nurse, the sooner your milk will come in. A balanced diet during pregnancy and after the birth will also facilitate breastfeeding, while supplementing with infant formula may affect breastfeeding success. Since it is difficult to return to breastfeeding once you have made the decision to stop, speak to your midwife or paediatrician if you are thinking of using infant formula. Read the information and preparation instructions on the pack carefully, as the improper preparation of infant formula may cause your baby to become ill.