

making milk

a resource for parents, (formerly titled 'Mother's Milk, Babies Choice'), created by Saskatchewan parents and health care professionals with special thanks to the breastfeeding peer supporters at the *Saskatoon Mothers' Centre*



SHARING YOUR BODY WITH BABY

considerations while expecting and beyond

Pregnancy and birthing bring changes to the relationship you have with your body. Physical changes can bring mixed feelings and emotions. It is normal that some of these emotions can be fear and anxiety.

Meeting your emotions with kind attention, curiosity and questions can be the doorway to expanding your understanding of yourself.

Naming your challenges can help you to develop confidence in your ability to care for yourself and grow your ability to respond to the needs of your baby.

The *'Making Milk'* digital pamphlet series explores and prepares you for your journey.... birthing and beyond... From prenatal hand expression of colostrum, to first moments after birth, breastfeeding to first steps. Start your journey feeling prepared for the joys and challenges of sharing your body and your world with baby.



Scan or click on QR code to learn more about life after the birth of your baby

Download
My Saskatchewan Pregnancy App
We're with you every step of the way!

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How can I prepare for my baby?

Collecting colostrum (early milk) a few weeks before baby's due date can provide the optimal food if breastfeeding is not possible soon after birth. Talk with your Doctor or Midwife to see if this is a safe option for you. Colostrum can be collected, frozen and brought to the hospital.

In addition to providing your milk, the practice of hand expressing signals your body to make more milk sooner!

If you are in labor, hand expressing can help labor progress and provide colostrum for your new baby!

Check with your Doctor or Midwife



More Milk Sooner information & hand expressing videos



Your Milk is Life Giving!

Changes with every feed, every day, adjusting to baby's age and needs

- bioactive factors protect & mature baby's gut
- immune factors that fight illness
- enzymes that help digest fats
- living cells that kill germs
- growth hormones

Breastfeeding provides beautiful, complex stimulation that involves all of baby's senses and promotes brain growth!

Mom & baby's hormones respond with feelings of well-being



HOW ARE YOU CARING FOR YOURSELF TO PREPARE FOR BABY?

- Eating well, lots of plant based foods, foods high in fiber, and foods with protein to help your baby grow
- Resting 8 or more hours at night with naps as needed
- Exercising daily improves mood and sense of well-being
- Prenatal supplements have folic acid, vitamin D and iron
- Regular prenatal visits to a medical care-giver to check your well-being



HOW ARE YOU DEALING WITH YOUR FEARS AND ANXIETIES?

Being fully responsible for a new infant is a heavy load. You do not have to carry this load alone. You can build confidence about birthing through supports, knowledge, and skills.

- Breathing and relaxation exercises
- SHA online Prenatal classes
- Surrounding yourself with positive supports in your life
- Accessing SHA Midwifery, First Nations Metis Health and Indigenous Birth Services if available in your area
- Accessing mental health services. Call 811

If you feel vulnerable, have mental health, addictions, or other concerns, reach out to [KidsFirst](#). Support is there for you to be the best parent you can be



IS YOUR NETWORK OF SUPPORT GROWING?

There are supports you can access to help you become more prepared for your transition to parenthood.

Services you may have access to near you include:

- [Family Doctor](#)
- [Midwifery services](#)
- [Prenatal Education](#)
- [Indigenous Birth Support Workers](#) (doula support)
- [Prenatal, labor & early post partum doulas](#) (fee for service)
- [Healthy Mother Healthy Baby program](#)
- [Food for Thought Program](#)
- [KidsFirst program](#)
- [Saskatoon Mothers' Centre](#) Peer support
- Local Mothering Groups

It's OK to avoid or limit relationships that are disempowering or do not support you as a new parent

HOW ARE YOU GROWING CONFIDENCE IN YOURSELF AS YOUR BABY'S CAREGIVER?

- Learn about breastfeeding before the birth. Talk to your doctor about prenatal hand expression. Check out '[more milk sooner](#)' for benefits and 'how to hand express'
- Get ready to focus on your baby's needs for frequent feeding and sleep
- Know that breastfeeding your baby is a human right that is supported by your community
- Breastfeed confidently in public spaces. Look for the [breastfeeding safe spaces](#) logo at city facilities, leisure services, libraries and public transit
- You have the right to go back to work or school and continue your breastfeeding relationship with your child

