

**Essential Insights
into Breastfeeding:
Series 1**



**Everything you need to
know about food during
breastfeeding**

Did you know series

The moment you think you know everything about human body, it goes on to surprise us even more.

We have said this countless times and we don't think will every stop saying this, breastfeeding is the most magical thing.

Challenging but magical.

There are so many things that breastfeeding has to offer and we think every parent should know about it.

Lets explore the Did you know series and let human body surprise us.

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Did you Know that your breastmilk has the ability to heal your sore nipples?

Breastfeeding can make your nipples swell and inflamed. Your nipples also get sore and cracked while feeding your baby and it becomes uncomfortable while feeding your baby.

But here's some good news you probably didn't know: Breastmilk can actually heal your nipples and provide comfort.

This happens because breastmilk contains special components that help fight infection and reduce swelling in your breast.

So if your breasts are sore after the first few feedings, just gently massage some of your breastmilk onto your nipples and breasts and it can help soothe the soreness and speed up your breast recovery.

Did you know that your breastmilk changes every session?

Your breastmilk is a thing of beauty. Babies usually breastfeed for the first six months of their lives, and breastmilk is the gold standard of nutrition for their healthy growth.

When your baby first starts to breastfeed, the colour of your breastmilk is bluish and the texture is watery.

Towards the end of your feeding session, your breastmilk gets thicker and fatter, which gives your baby the calories they need to grow into a healthy strong baby.

Did you know that your baby can smell you?

New borns have a strong sense of smell and they know and understand the unique scent of breastmilk, which is why they will turn their heads towards you when they are hungry . Its interesting, isn't it ?

This happens because a baby's sense of smell begins to develop even before they are born.

Their nostrils are formed in the first month of the trimester, and the scent receptors are formed in the second trimester.

In the womb, babies breathe in their amniotic fluid, which helps them become familiar with scent, especially their mother's scent.

When people say that babies learn everything in their mother's womb, it is true.

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