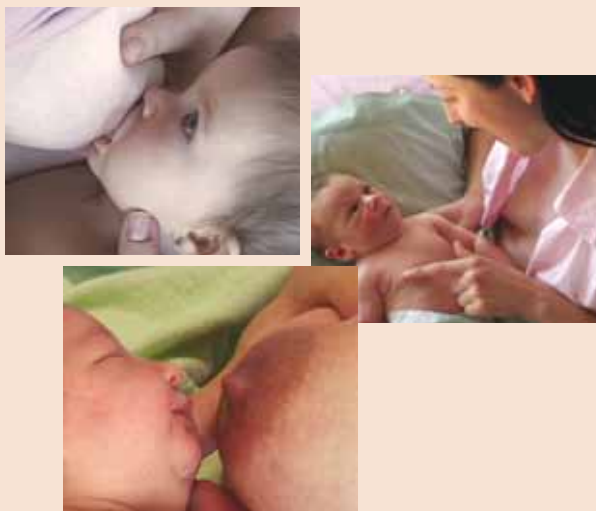


# Breastfeeding Bringing BABY to the breast

All around the world,  
women breastfeed in a thousand  
different ways.

This video suggests a few pointers  
to help mothers find their own way  
to breastfeed.

Original concept by:  
Manon Méthot, IBCLC  
Nancy Pilote, IBCLC



One of the best ways to prepare for breastfeeding is to see other women nursing their babies. Teaching parents how to breastfeed is much easier when they can be shown clear pictures of the latching on process.

In order to produce this teaching tool, 22 mothers and their newborn to one-year-old babies kindly accepted to be filmed. Most of the babies range in age from a few hours to three days old.

Three cheers for this short film featuring wonderful close-up shots, babies and mothers displaying competence and complicity and a detailed presentation of breastfeeding in clear and simple terms. Let these images permeate your senses. A film that all parents and perinatal healthcare workers should see -- more than once!  
*Suzanne Dionne, MD*

This video is meant as a complementary teaching tool. It is aimed at parents during the prenatal period. It can also be shown to parents during the postnatal period, healthcare workers and students. If necessary, it can be viewed more than once.

## NOTES ON THE AUTHORS

Manon Méthot and Nancy Pilote are both lactation consultants (IBCLC). They created the video "Becoming Parents... Nursing Baby," and have been working for community breastfeeding organizations for many years.

## THIS VIDEO ADDRESSES TWO POINTS:

**Bringing baby to the breast:** mother should not feel any pain when her baby is properly positioned at her breast.

**How to recognize when baby is swallowing milk:** mother should know how to make sure that her baby is getting enough milk to ensure proper growth.

## VIDEO COMPOSITION

(length 22 minutes)

The main part of the video: 15 minutes

- Signs of hunger
- Positioning mother and baby
- Bringing baby to the breast
- Swallowing

**Additional information: 7 minutes**

Breastfeeding right after birth • Bringing baby to the breast with and without help • When mother's milk comes in • Breast massage • Hand expression • Breastfeeding positions • Breast compression

## ORDER FORM AVAILABLE AT:

[www.videoallaitement.org](http://www.videoallaitement.org)

Available in VHS and DVD formats. Both formats include the English and French versions.

Cost: \$80 (\$50 for community organizations).



Original concept **MANON MÉTHOT, IBCLC - NANCY PILOTE, IBCLC**  
With the close collaboration of **MARIE-JOSÉE SANTERRE, IBCLC**  
Director **HELENE DUGAS**

Produced by:  Vidéo Femmes ©2007

Production of this video was made possible by a financial contribution from the Public Health Agency of Canada.



& Comité des organismes communautaires d'entraide en allaitement de Québec

Presented by:  
Comité des organismes communautaires  
d'entraide en allaitement de Québec:  
Allaitement Québec, Chantelait,  
Entraide Naturo-lait, Mamie-Lait  
and Vidéo Femmes