

# 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.

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.

## 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 involved in breastfeeding for over 20 years.

## OBJECTIVES

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

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

## VIDEO COMPOSITION

(length 22 minutes)

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

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

English, Spanish and French versions included.



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Produced by:  Vidéo Femmes ©2007

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