



L'allaitement

DE LA NAISSANCE AU SEVRAGE

LES INDISPENSABLES



Une évidence ?

Vous attendez votre premier enfant et pour vous l'allaitement est une évidence ? Comme pour la femme pratiquement âgée, le lait maternel est un effet secondaire comme le meilleur pour votre bébé.

Dans l'idéal, il est même recommandé de poursuivre l'allaitement jusqu'à 6 mois de l'enfant, afin qu'il profite au maximum de ses bénéfices.

En revanche, il faut savoir que vous aurez besoin de certains produits indispensables, que ce soit pour votre confort ou pour apaiser d'éventuelles douleurs. Découvrez sans plus tarder notre liste de « must have » spéciale allaitement !

Les avantages de l'allaitement pour votre bébé

Nombreux sont les bénéfices de l'allaitement maternel pour votre petit amour. Voici les principaux :

Un lait maternel adapté aux besoins de votre bébé

Le lait maternel contient tous les nutriments essentiels pour votre bébé, protéines, vitamines, glucides, minéraux, etc. Il est naturellement produit par les mamans afin qu'elles puissent offrir à leur enfant ce qu'il y a de mieux.

Une protection contre les infections

Même avec une dose d'allaitement partiel de l'immunité offerte à votre bébé quand vous allaitez : en suçant votre lait, il profite de votre système immunitaire.

Un meilleur transit intestinal

Le lait maternel est composé d'enzymes qui facilitent la digestion. Attention, cependant, cela ne veut pas dire que votre enfant ne peut pas avoir de problèmes digestifs et faire des coliques.

Un lait maternel riche en anticorps

Le lait maternel produit généralement moins de selles qu'un bébé allaité au lait artificiel, ce qui diminue de fait le risque de développer un syndrome fœtal.

... Et encore ! En cas d'érythème fœtal, appliquer du lait maternel sur les rougeurs pour soulager bébé et aider à réduire l'inflammation.

Lallaitement De La Naissance Au Sevrage

Rachel S Tattersall



Lallaitement De La Naissance Au Sevrage:

L'Allaitement Marie Thirion,2014-02-01 Longtemps considérer comme dépassé l'allaitement retrouve aujourd'hui sa juste place. En effet, toutes les données scientifiques vont dans le même sens : l'allaitement est bon pour les bébés mais aussi pour les mères. Plus qu'un guide pratique, ce livre apporte des réponses complètes et confortantes à toutes les questions que peuvent se poser les futures ou les jeunes mères d'aujourd'hui. Toutes les femmes peuvent-elles allaiter ? Pourquoi certaines femmes disent-elles qu'elles n'ont pas eu de lait ? Quels sont les avantages du lait maternel par rapport au lait maternisé ? Est-ce que l'allaitement fatigue ? Qu'est-ce qu'une lymphangite ? Peut-on interrompre quelques jours l'allaitement ? Que faire si le bébé ne veut pas têter ? Comment doit se nourrir une femme qui allaite ? L'allaitement abîme-t-il les seins ? La sexualité est-elle compatible avec l'allaitement ? Avec cette nouvelle édition de ce grand classique de l'allaitement qui intègre les dernières connaissances scientifiques, permet à toutes celles qui le désirent de vivre pleinement cette période unique de leur vie de femme. Un grand classique actualisé, complété et modernisé. *L'Allaitement* Marie Thirion,2023-01-25 Longtemps considéré comme dépassé l'allaitement retrouve aujourd'hui sa juste place. En effet, toutes les données scientifiques vont dans le même sens : l'allaitement est bon pour les bébés mais aussi pour les mères. Plus qu'un guide pratique, ce livre apporte des réponses complètes et confortantes à toutes les questions que peuvent se poser les futures ou les jeunes mères d'aujourd'hui. Toutes les femmes peuvent-elles allaiter ? Pourquoi certaines femmes disent-elles qu'elles n'ont pas eu de lait ? Quels sont les avantages du lait maternel par rapport au lait maternisé ? Est-ce que l'allaitement fatigue ? Qu'est-ce qu'une lymphangite ? Peut-on interrompre quelques jours l'allaitement ? Que faire si le bébé ne veut pas têter ? Comment doit se nourrir une femme qui allaite ? L'allaitement abîme-t-il les seins ? La sexualité est-elle compatible avec l'allaitement ? Avec cette nouvelle édition de ce grand classique de l'allaitement qui intègre les dernières connaissances scientifiques, permet à toutes celles qui le désirent de vivre pleinement cette période unique de leur vie de femme. Un grand classique actualisé, complété et modernisé. *L'allaitement*,2022-01-18

Annales de médecine et chirurgie infantiles,1902 *Journal de thérapeutique* Adolphe Marie Gubler,1877 **Sevrage de l'allaitement maternel réalisé le premier mois suivant la naissance** Elodie Robert,2018 Contexte L'Organisation mondiale de la Santé et l'Institut national de prévention et d'éducation pour la Santé recommandent un allaitement maternel exclusif lors des six premiers mois suivant la naissance de l'enfant. De nombreux allaitements sont arrêtés dès le premier mois suivant la naissance. Objectif Comprendre le vécu du sevrage de l'allaitement maternel réalisés le premier mois suivant la naissance et les attentes des mères vis-à-vis des professionnels de santé. Méthode Etude qualitative par entretiens semi-dirigés auprès de mères d'enfants âgés de un à trois mois recrutés sur la base du volontariat en Ille-et-Vilaine. Résultats Dix entretiens furent menés. Le vécu du sevrage de l'allaitement est plutôt hétérogène et se partage entre soulagement/satisfaction d'avoir allaité, frustration, culpabilité et regret. Toutes ont arrêté leur allaitement prématurément. Elles sont globalement satisfaites de leur accompagnement par les professionnels de santé. Elles proposent cependant une uniformisation des pratiques et un suivi plus

frquent et plus centr sur l allaitement apr s le retour domicile Conclusion Le v cu du sevrage de l allaitement maternel r alis le premier mois suivant la naissance est h t rog ne et est la cons quence de nombreuses difficult s rencontr es Un suivi plus personnal s et plus fr quent apr s leur retour domicile pourrait assurer une meilleure compr hension du v cu des m res et ainsi am liorer le suivi de leur allaitement

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