



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 buvant votre lait, il profite de votre système immunitaire.

Un meilleur sommeil

Le lait maternel est riche en acides gras 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 à température

Le lait maternel produit généralement moins de lactose qu'un lait maternel ou lait artificiel, ce qui diminue de fait le risque de développer un diabète sucré.

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

Lallaitement De La Naissance Au Sevrage

Huangqi Zhang



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.

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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 réalisé 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 fréquent et plus centré sur l'allaitement après le retour domicile Conclusion Le vécu du sevrage de l'allaitement maternel réalisés le premier mois suivant la naissance est hétérogène et est la conséquence de nombreuses difficultés rencontrées Un suivi plus personnalisé et plus fréquent après leur retour domicile pourrait assurer une meilleure compréhension du vécu des mères et ainsi améliorer le suivi de leur allaitement

Bulletin general de therapeutique, 1876 Vol 135 include Compte rendu of the Société de thérapeutique

Bulletin général de thérapeutique, 1876 Vol 135 include Compte rendu of the Société de thérapeutique

Le guide de l'après-accouchement Sylvia Gaussen, 2000-01-04 Dès sa naissance l'enfant devient le centre du monde Et l'on s'intéresse moins la mère pour qui les suites de cet heureux événement ne sont pas toujours idylliques Comme beaucoup de femmes Sylvia Gaussen déplorait l'absence de réponses ses interrogations C'est pourquoi elle propose dans cet ouvrage crit avec la collaboration d'Hélène de Gunzbourg sage femme et créatrice du centre Aux environs de la naissance et l'aide de nombreux spécialistes toutes les solutions aux préoccupations que peuvent rencontrer les jeunes mères Des méthodes classiques celles qui offrent les meilleures recommandations l'auteur aborde les aspects physiques psychologiques et pratiques du problème Les désagréments normaux et les troubles anormaux qui suivent l'accouchement La rééducation périnéale Les moyens de réussir son allaitement Le baby blues la déprime et la dépression post natale L'organisation lors du retour la maison Les meilleures manières de se reposer et de retrouver son énergie L'alimentation adopter et les principes d'une remise en forme harmonieuse Le nouvel équilibre du couple

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Bulletin général de thérapeutique médicale, chirurgicale, obstétricale et pharmaceutique, 1876 1896 1932 includes proceedings of Société de thérapeutique For 1896 97 the proceedings were issued in special vols with title Bulletin général Société de thérapeutique et pharmacologie v 1 2 1897 numbered also as v 134 of the set

Index-catalogue of the Library of the Surgeon-General's Office, United States Army National Library of Medicine (U.S.), 1885

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