



# *What Babies Eat*

*Mama, what do babies eat?  
Bananas? Lettuce? Crackers?*



No sweetie..babies only have one favourite food they eat: Milk!

*Just milk?*

Yes, milk that comes from their mother!



When the baby is growing inside the mother, her body also prepares to feed the baby after it is born.

The mother's breasts get ready to make milk for the baby. The milk is stored inside the breasts and comes out when the baby drinks on them.

That is called nursing or breastfeeding.



*Did I also drink that?*

Yes you did, and you loved it!



When the baby is born, it wants to nurse right away. Nursing not only feeds the baby but it also makes it feel secure, warm and loved immediately.

There are also teachers to help the mother and her baby to learn how to nurse.

The mother's breast quickly becomes the baby's favorite place!



It's also practical because milk is ready for the baby wherever and whenever it gets hungry.

*No cooking?*

No cooking!



There are milkpumps that mothers use to get milk out and put it in a bottle.  
If a mother or her baby have problems with breastfeeding, the baby can get milk that has been put in bottles and sent to the hospital as a gift.



But most mothers use the pump simply so that other family members can feed the baby, too!



*Even the family pet?*

No, except pets! They do a much better job at watching over us. Most pets, especially the dogs, really like the new family member and protect them extra carefully.



(But dogs also nurse their babies!)



When the baby grows, it will also want to eat and drink with the rest of the family.



But for many, the mother's breast remains a special place where they calm down and drink even as toddlers.



Sometimes a mother has another baby while her older child still nurses or she has twins. Then two children are nursing..

*Is that why there are two breasts?*

Well, I don't know -  
But it sure is a good thing that mother nature arranged for us!



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