

Breastfeeding mom's GUIDE

GET READY!

MOM



babyono

Contents



1. BABY CHANGES THE WORLD

It is a common knowledge that a newborn baby starts a new chapter in life. See how to prepare for a new role, taking care of your and your baby's comfort.



2. MAGIC OF BREASTFEEDING

Breastfeeding is a challenge to all mothers. How to get support in this period? We have a few tips for you.



3. PERFECT BRA FOR A BREASTFEEDING MOM

Learn how to choose a bra. See products that can be useful in the perinatal period.



4. BREAST PUMP — DEVICE FOR SPECIAL TASKS

See a wide range of breast pumps. Choose a suitable product to overcome lactation issues.



5. PROPER STORAGE OF MILK

How to store milk properly? We have collected a couple of tips, please take them into consideration.

Thank you

FOR YOUR TRUST



Our history dates back to 1990 when a small company selling baby products was founded. Today, we are one of Poland's largest enterprises that sell items for babies and pregnant women.

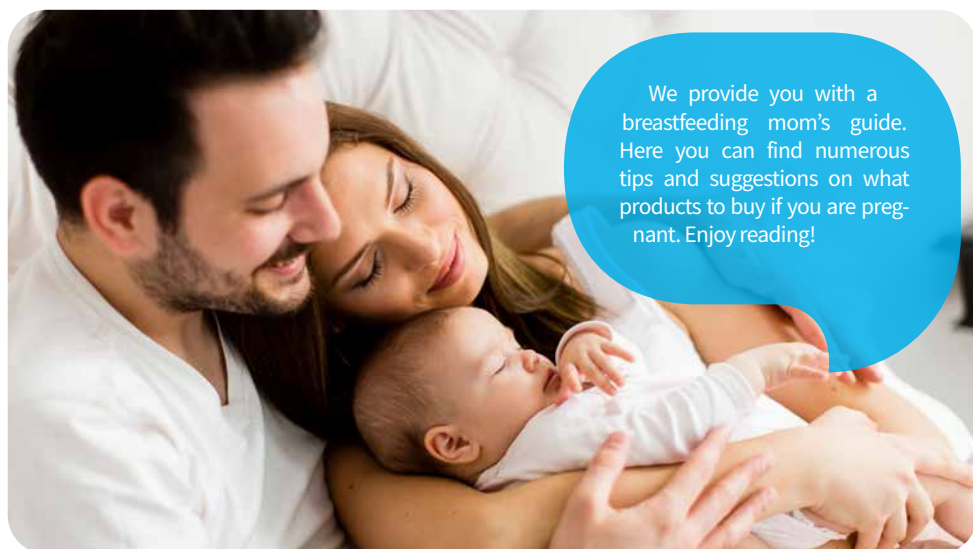
Here you can find products that prove useful during pregnancy and birth, items for new-born babies, infants, and older children. The range of goods starts from maternity pads, nursing bras, through bathroom accessories, ending up with home protective products, bags for moms and toys.

Designing our products, we always prioritize mom's and baby's needs. We put much emphasis on details. Our goal is to manufacture safe products that comply with applicable EU directives and standards.

In 2022 we were granted the **Gold Consumer Laurel 2022** in the category: top quality of products - baby accessories. Additionally our innovative SHELLY breast pump was rewarded with the **Consumer Laurel Discovery of the Year 2022**.



We do our best to accompany you and your baby at all times —
WE HELP TO GROW!



We provide you with a breastfeeding mom's guide. Here you can find numerous tips and suggestions on what products to buy if you are pregnant. Enjoy reading!



Baby

CHANGES THE WORLD



BIRTH — an important and stressful moment for both parents and a newborn baby. Previously residing in a cozy mom's belly, now it enters a completely new world - full of new and strong stimuli. It is a new experience for you too. You get to know each other, discover an interesting and beautiful reality.

NOTE!

- „**Skin-to-skin**” contact is when you put the newborn baby directly on the mother's or father's naked skin. It can help you build an emotional bond with a newly born baby. It also has a positive impact on breastfeeding as it stimulates production of your milk.
- When your baby is coming to this world, you begin your postnatal period. Irrespective of whether it is a natural birth or C-section, **the postnatal period takes from 6 to 8 weeks**. At this time your body regains previous shape and removes post-delivery deposits. For the sake of your comfort, we recommend **reusable mesh panties and super-absorbent maternity pads** whose delicate and highly soft surface prevents skin irritation and provides a sense of freshness.





? DO YOU KNOW THAT...

Initially it is necessary to change the baby a dozen times a day. At this time make sure you and your baby feel comfortable. Equip yourself with under-pads that can perfectly secure you against dirt, prove perfect at absorbing moisture, and their self-adhesive strips prevent moving.



A nappy with a pooh can smell nice. You do not need to buy any special dustbins or inserts. You only need to come into possession of scented diaper disposal sacks that can successfully neutralize bad odors.



In the early stage of their life, a newborn baby and infant cannot see shapes of mouth, eyebrows and eye colors of people who look after them. They can see items at a distance of around 30 cm well. Any farther objects are blurred. Choosing toys for babies, pay attention to our black and white collection of C-More toys, designed to support eyesight from early days of baby's life.



Touch is the baby's best developed sense. It is able to recognize people by the way they stroke and touch. Babies that are often stroked and touched are more cheerful, more resistant to stress and infections. For this reason it is advisable to wrap them with bamboo nappies.



What is useful

WHEN A BABY TAKES A BATH?

A baby bathing is an important emotional moment that helps a baby and parents develop and build a bond. This is when the baby can discover the world, improve its senses and experience parents' closeness and love. Try to create a pleasurable and safe atmosphere so that the little one can feel loved.



SEE VIDEO

Find out how to bathe a baby properly.

To reduce stress during a bath, use a wash cloth with a happy picture.

To take care of your baby's mouth, clean sensitive gums and first teeth, you can use our soft silicone finger toothbrush.

The bath water used to bathe a newborn baby must be of suitable temperature. You can check it with floating thermometers.



After taking the baby out of water, gently dry its body with a soft towel that absorbs moisture well. A cotton or bamboo hooded towel will be a perfect choice.

Baby's nails are very sensitive and must be carefully trimmed. You can do so with the use of special scissors with rounded tips.

Comb soft hair of the newborn baby in direction of their growth. Use a wooden hairbrush with natural goat hair.



Magic of BREASTFEEDING



When you breastfeed a baby, you provide it with milk that is perfectly adapted to its needs. At the same time you lower the risk of diabetes, obesity, allergy or asthma in the future.

NOTE!

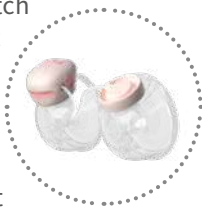
- A distinctive sound of smacking and clicking while breastfeeding means that your baby is probably swallowing air. Make sure it has properly caught the nipple.
- You need to drink a lot to lactate. **Drink at least 2 liters of liquid a day.** We recommend lactation-boosting teas, nettle teas, camomile teas or sweet balm teas and barley malt.
- **Breastfeeding can take as long as you and your baby need it.** It does not need to end when the child turns 1 or you go back to work after your maternity leave. You can breastfeed to supplement a balanced diet. You can still latch on or express your milk with the use of a breast pump and serve it to your baby whenever it needs.





? DO YOU KNOW THAT...

Your baby tries to catch and suck a breast shortly after its comes to this world. This activates lactation and determines its correct course. It is advisable to take a wireless breast pump to the hospital to help you boost lactation and in case of hollow nipples or when extra feeding is required, if it is born prematurely.



Sometimes the baby cannot attach properly. What is worse, attempts to attach to the nipple often end up with biting or pinching. Here come our **silicone nipple shields** that can effectively protect your nipples against irritation. A soft and delicate silicone can perfectly imitate skin so that the baby can feel a direct touch and can easily attach.



When you breastfeed, milk flows out of the second breast. In order not to lose any drop of milk, use the **MILK ME! collector and breast pump or our magic bottle.**



Some moms decide to serve their milk from the bottle. An **EPing mom, that is the one who opts for exclusive pumping,** expresses its milk with a breast pump and serves milk from the **bottle.**



How to properly ATTACH A BABY?

A correct feeding technique translates into successful lactation. This is why you should make sure you properly attach a baby shortly after the delivery. Use a midwife's or lactation adviser's help in the hospital. Getting yourself into the correct habit at the very outset will help you avoid further lactation issues.



SEE VIDEO

Find out what can help you succeed in breastfeeding.

7 STEPS ON HOW TO ATTACH A BABY

1. Assume a comfortable position — take a seat or lie down.
2. Have a positive attitude — relax.
3. Cuddle the baby to your belly. Make sure its backbone is straight - its head, shoulder and hip must be aligned.
4. Position the baby so that its mouth is straight in front of the nipple.
5. Grab your breast and touch the baby's mouth until it opens it widely.
6. Put the breast onto the baby's face.
7. Make sure the baby's lips cover the entire nipple and part of the areola. It should be turned up like a fish.



NOTE!

Remember!

Attach a baby to the breast, and not the other way round.



Ideal bra

FOR BREASTFEEDING MOM



There is a wide range of nursing bras available on the market. Flexible, sporty, underwired, cotton, synthetic.

Which of them is the best?

Do you know what to pay attention to when choosing a cut and size?

NOTE!

- A properly chosen nursing bra is the **most important piece of clothing of the mother-to-be**.
- In early weeks after the delivery, choose a **flexible bra with removable bra cups** to feel comfortable.
- Remember! A badly chosen bra can plug milk ducts and cause milk obstruction and lactation difficulties.





? DO YOU KNOW THAT...

Our flexible bras are available in various sizes. They are hypoallergenic, made of high-quality material rich in **Skin-Protect fibers** that prove bacteriostatic. You can easily and quickly detach bra cups with one hand.



A nursing bra is also suitable while sleeping. In order not to stain the underwear, be advised to use **Comfort breast pads** whose special shape provides comfort, regardless of the time of the day. They are highly absorbent, and their two self-adhesive straps allow keeping the pad in a suitable position.



If you have difficulties in specifying the size of the bra cup, you should contact a professional bra fitter that can help you choose a perfect size.

You should buy your first nursing bra while you are still pregnant. As a newly-minted mom, you will not have enough time to go shopping.

How to adapt BRA TO BREASTFEEDING?

The size under the breast rises when you are pregnant because your baby is growing. When you give birth, your size will drop gradually. Breasts in turn will fill with milk and will need a bigger cup. How to choose a suitable bra size? **Please see our tips!**



SEE VIDEO

Find out why a well-selected bra is important to your body.

BRA CUPS

In the postnatal period, we advise you to purchase a bra with a detachable cup 1.2 sizes larger when compared to your previous bras. The perfect choice will be a flexible bra, adapting to your breasts and providing comfort, regardless of the amount of milk in the breast.

MEASUREMENT

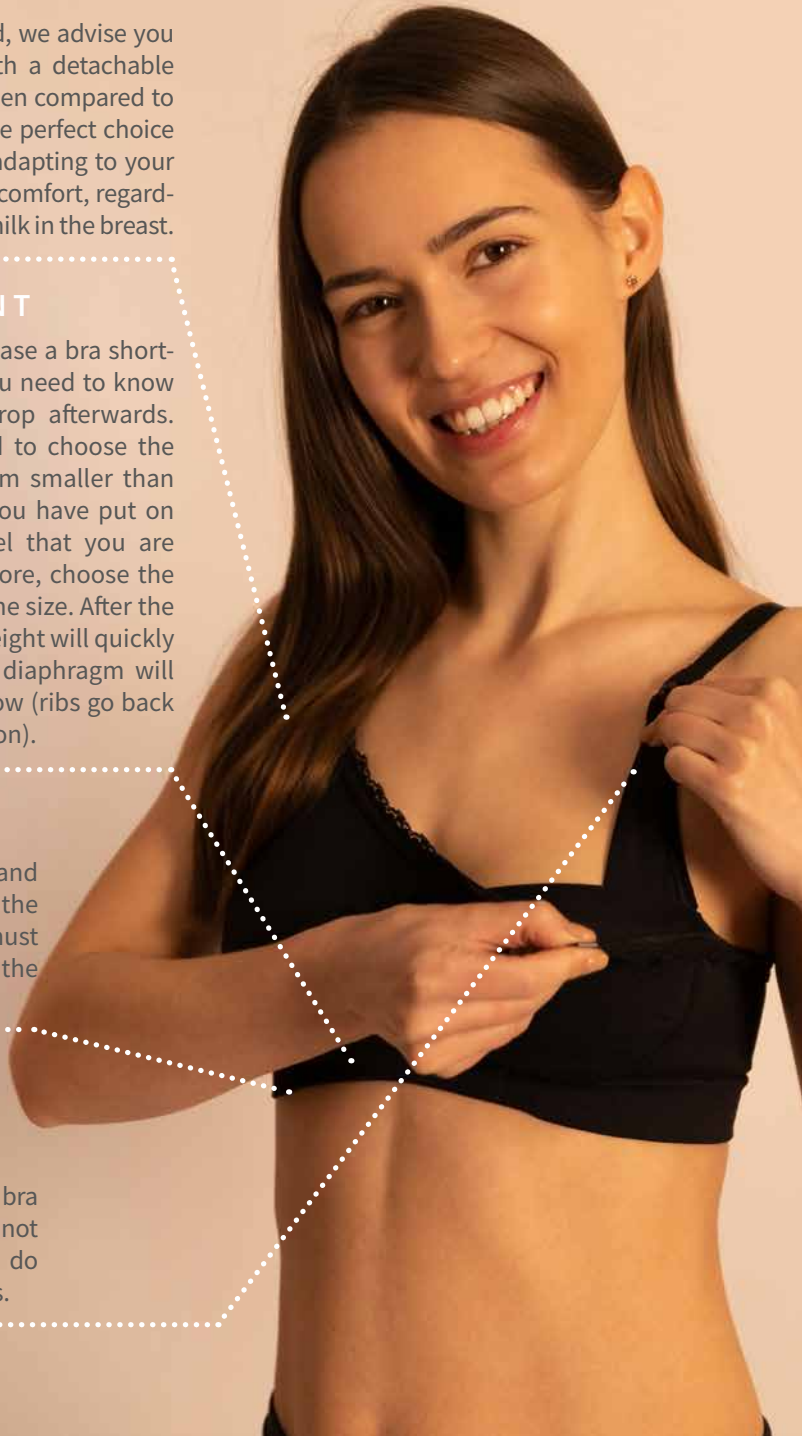
If you decide to purchase a bra shortly before the birth, you need to know that your size will drop afterwards. Therefore, be advised to choose the bra whose size is 5 cm smaller than your current one. If you have put on weight a lot, you feel that you are much bigger than before, choose the bra 10 cm smaller in the size. After the delivery, your body weight will quickly drop, while lowering diaphragm will cause ribs to get narrow (ribs go back to their original position).

HEIGHT

Make sure the front and back of the bra are at the same height. They must be aligned, just below the breast.

STRAPS

Do not forget to adjust bra straps so that they do not cause discomfort and do not fall from shoulders.





BREAST PUMP

DEVICE FOR SPECIAL TASKS



No or little milk, breast fullness and milk obstruction, bitten and painful nipples... these are only examples of problems that a breastfeeding mom needs to face.

How to deal with them?

How to win the fight for breastfeeding your baby?

NOTE!

- A **breast pump** is a must if you are going to be a mom soon. It will **support your lactation**. It will provide assistance in case of hollow nipples, give your relief in case of full breast, let you express milk when you have to have your baby taken care of by someone else.
- Pay attention to hygiene! All our breast pumps are supplied with a membrane that prevents milk from entering the mechanism and tubes — it is the so-called **medium separation**. Thanks to this, you must clean only those parts of the product that come into contact with milk.
- Our offer includes manual and electric breast pumps, variants for one and two breasts, as well as wired and wireless models.





? DO YOU KNOW THAT...

Our Babyono breast pumps are covered by a 2-year manufacturer's guarantee and well-operating service. In case you need to repair the product, we will collect a breast pump from you and send you a replacement model at our expense. Besides we can provide you with spare parts for all our breast pumps. Thanks to this, you will be able to purchase parts and check your equipment even after two years.

GUARANTEE
2
years

It is the size of the nipple rather than breast that determines whether the breast pump is well-chosen. When you make a choice, take the diameter of your nipple, ignoring the areola. While using the product, the nipple must freely work in the funnel tunnel. It must not rub against it. Our breast pumps (SHELLY, TWINNY, PICO) are supplied with additional funnel sizes. Selecting any of them, you can be nearly 100% sure that the breast pump will be suitable for you.

What to pay attention to WHEN CHOOSING A BREAST PUMP?

Think of how often you are going to use the breast pump and what you expect it to do. Choosing the breast pump as per your preferences, you will be satisfied with your decision.



SEE VIDEO

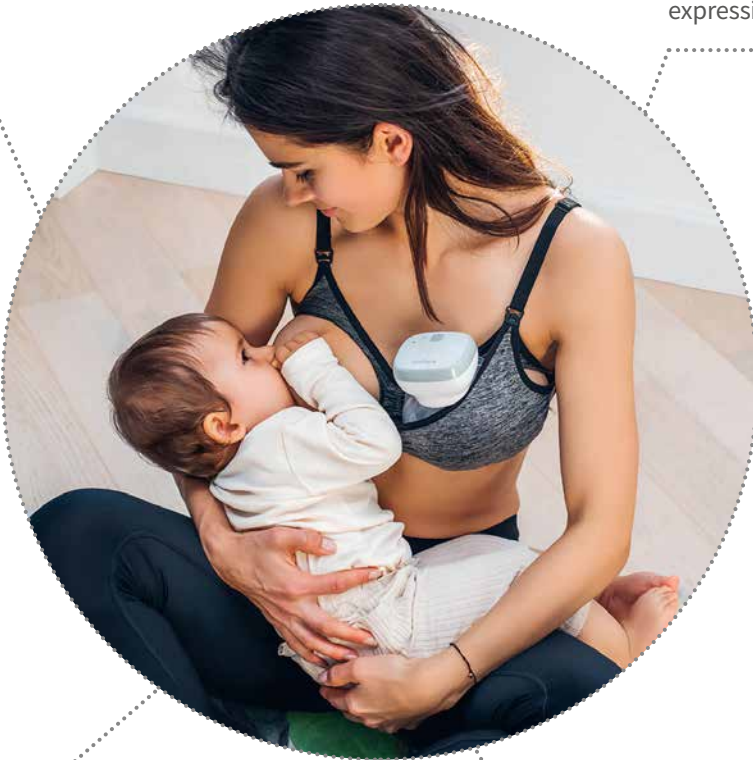
Find out when and how to use a breast pump.

FREQUENCY OF USE

Choose the manual breast pump if you aim to occasionally express milk. A single electric breast pump will be the best choice if you are going to leave without the baby more often and do not want to resign from breastfeeding. A double electric breast pump will be better if you intend to store milk and stimulate both breasts to produce milk.

WORKING MODES

A good breast pump reflects a baby's natural suction rhythm, i.e. stimulation and expressing phases.



COMFORT

Think of situations in which you are going to use the device. Don't you mind keeping the breast pump at the breast at all times? Or perhaps you wish to have free hands and do something else while expressing milk?

SUCTION POWER

When you purchase a breast pump, pay attention to suction power. The broader the range, the higher the likelihood of adapting the product to your lactation.



Proper storage of MILK



Do you have milk surplus? Do you want to store milk to use it afterwards? The milk will come in handy when you want to go shopping, to the hairdresser's or doctor. It will serve as a perfect meal for your little one if you are unavailable at the feeding time.

To make your milk safe to your baby, you must make sure it is properly stored.

How to do it? What to pay attention to? Here are some tips!

NOTE!

- Keep your milk in bags and containers designed for this purpose. **Do not forget to enter the date and time of collection!**
- If you have expressed milk shortly before feeding, you do not need to heat it up as it can be served straight away. The optimal temperature of milk is 37°C.
- **Store the milk in the coldest part of the fridge, at the back wall.** Do not place it on the door as this is where temperature fluctuates significantly.





? DO YOU KNOW THAT...

Our containers with a mouthpiece for storage and freezing of milk are reusable. All you need to do after use is carefully wash and scald it with hot water. An additional lid with a mouthpiece will let you serve milk straight from the container.



Mother's milk must not be preheated fast. Wrong heating of the milk causes fats in the milk to adhere to walls of containers and partially accumulate there. If you want to be sure you serve your baby a well-prepared meal, select our Honey bottle warmer that can safely heat your milk up in 12 minutes.



Most of our bags and backpacks come with a special heat-insulating compartment. All you need to do is put a special cooling insert and you can transport the milk in there.



Our milk storage bags are supplied with a strong and air-tight grip seal that can perfectly secure against spilling and odor penetration. It has been enriched with a special funnel that you can use to pour the milk into the bottle.



Storage of MOM'S MILK

Store milk in small amounts so that you can use as much as you currently need.

While storing, your milk most often gets stratified – fat separates and goes up. Therefore, before you feed your baby, gently mix the content by rocking a bottle to combine these layers.



SEE VIDEO

Find out how much milk your baby should have.

STORAGE	FRESHLY EXPRESSED MILK	DEFROSTED MILK IN FRIDGE	MILK DEFROSTED IN ROOM TEMPE- RATURE, HEATED, NOT SERVED YET	DEFROSTED MILK, HEATED, SERVED	FRESH AND DEFROSTED MILK WITH FORTIFIER OR PROTEIN
Room temperature (19 - 25°C)	Max. 6-8 hours. Optimal up to 4 hours	Up to 4 hours after defrosting	Up to 4 hours	Until feeding is completed	Do not store
Fridge (central and lower shelves) (4°C +/- 2°C)	Up to 96 hours	Up to 24 hours after complete defrosting	Up to 4 hours	Do not store	Storage is not recommended (up to 12 hours if mixed with cold milk)
Freezer (-18°C)	3-6 months	Do not defrost again	Do not defrost again	Do not freeze	Do not freeze
Cooling bag with inputs (15°C)	24 hours	Up to 4 hours	Up to 4 hours	Do not transport	Do not transport
Heated* (26 - 37°C)	Until feeding is completed, up to 4 hours	Until feeding is completed, up to 4 hours	As short as possible, up to 4 hours	Until feeding is completed	Until feeding is completed

Elaborated by: K. Osuch, M. Nehring_Gugulska on the basis of current literature.

*Freshly expressed milk usually has around 37°C,
so it is not necessary to heat it.



See

BABYONO BREAST PUMPS

See how comfortable breastfeeding can be thanks to Babyono breast pumps. Get familiar with our offer and choose the most suitable breast pump for you.



PICO electric breast pump

NEW

BPA
free



08/2023

CAT. NO. 1485



Advantages:

- user-friendly
- handy and portable
- clear display
- 3 working modes and 9-step power adjustment
- capacious battery for 2 hours of work.

Content of the kit:

- breast pump
- 2 funnel sizes: 24 mm and 21 mm
- A 180-ml bottle with teat
- USB-C charging cable.

TWINNY double hands — free electric breast pump

NEW

BPA
free



08/2023

CAT. NO. 1002



Advantages:

- innovative wireless design
- designed for nursing bra
- intended for one or two breasts
- capacious battery for up to 2 hours of work
- 3 working modes and 9-step power adjustment
- digital screen with work performance
- light and portable.

Content of the kit:

- two-shell breast pump, 150 ml each
- 3 funnel sizes: 28 mm, 24 mm and 21 mm
- second piece feeding tube
- USB-C charging cable.

SHELLY — hands free electric breast pump



Buy now



BPA
free

CAT. NO. 1000



Advantages:

- no need to use hands to express milk
- wireless – a built-in battery assures 2 hours of work
- handy – fits a nursing bra
- very light
- super silent
- 3 working modes and 7-step power adjustment
- simple design – easy to clean.

Content of the kit:

- breast pump with a 150-ml shell
- 3 funnel sizes: 28 mm, 24 mm and 21 mm
- USB-C charging cable
- storage bag.

See

BABYONO BREAST PUMPS

NURSE PRO

two-phase electric breast pump



CAT. NO. 1483

Advantages:

- certified medical product
- two-phase working mode
- 10-step suction power adjustment
- clear illuminated display
- dual power system: AA batteries and power adapter
- easy to clean and disassemble.

Content of the kit:

- breast pump
- feeding bottle – 180 ml
- silicone anatomical teat 0 m+
- stabilizing base for prevention of collapsing and spilling
- charger.

ANATOMY MED

manual breast pump



CAT. NO. 1484

Advantages:

- certified medical product
- ergonomic grip for easy milk expression
- soft and silicone massage cover for stimulation of breast for stimulation of milk production
- light and handy
- travel-friendly.

Content of the kit:

- breast pump
- silicone insert, size: 24 mm
- feeding bottle – 150 ml
- silicone anatomical teat 0 m+
- bottle cap for transportation of milk directly in the bottle
- stabilizing base for prevention of collapsing and spilling
- storage bag.

MILK ME!

Breast pump and collector



BPA
free



CAT. NO. 1400

Advantages:

- two applications (storage and expression of milk) — press a button to produce underpressure and collect more milk
- collection of milk from the second breast while feeding or using the breast pump
- light and handy – fits a nursing bra
- simple design – consists of several parts
- easy to clean
- travel-friendly.

Content of the kit:

- breast pump - collector with a 60-ml shell.

Silicone breast pump-collector



BPA
free



CAT. NO. 1399

Advantages:

- completely natural and gentle milk expression
- very useful in lactation regulation
- relief in case of breast fullness
- stimulation of lactation
- collection of milk from the second breast while feeding or using the breast pump
- light and handy
- flexible and ergonomic shape
- lid for keeping the container clean
- volume of 90 ml.

Content of the kit:

- collector
- transparent lid.

Hospital bag checklist

Get ready for a new family member and pack your hospital bag. Here is the list of items that you should take with you to the hospital.

Mom

- 2 night dresses, with buttons for feeding dressing gown
- shower slippers
- home slippers
- 2 towels
- Babyono reusable panties, several
- Babyono maternity pads
- Babyono underpads
- 2 Babyno nursing bras
- Babyono breast pads
- Babyono nipple shields
- Babyono breast pump
- nipple ointment
- cosmetics and toiletries (toothbrush and paste, shower gel, soap, shampoo, hair brush, lip balm, tissues, toilet paper)
- elastic bands for hair
- breastfeeding pillow
- drinking water
- mug and cutlery
- snacks
- mobile phone and charger
- coming-home outfit

Baby

- clothes suitable for the time of the year, size: 56-62
- 3 pairs of socks
- 3 baby hats
- disposable diapers
- Babyono diaper disposal sacks
- Babyono bamboo
- Babyono blanket/wrap
- Babyono anti-colic baby bottle (in case you cannot breastfeed)
- Babyono hooded towel
- Cosmetics and toiletries (baby bum cream, soft bath liquid, lotion, sterile gauze pads , saline solution, wet tissues)

Documents

- personal ID card
- maternity notes
- employer's NIP [tax ID]
- birth plan
- discharge summary cards
- descriptions of potential specialist consulting (cardiological, ophthalmological etc.)
- test results: blood type, RH factor, HBS, GBS, WR, ultrasound scan, valid blood count and urine analysis .

