



australian
breastfeeding
association

MEDIA RELEASE

28 January 2009

HOT TIPS ON KEEPING BABIES COOL IN A HEATWAVE

With the onset of extreme summer weather, the Australian Breastfeeding Association recommends that fully breastfed babies have unlimited access to their mother's milk.

It is likely that breastfed babies will require more frequent, yet shorter feeds as they quench their thirst in warmer conditions. For mothers who are away from their fully breastfed babies, it is recommended that the baby receives expressed breastmilk.

Parents, caregivers, well-meaning friends and relatives, can feel anxious and confused in hot weather as to how much fluid a baby needs. While it is recommended to breastfeed babies according to their needs, some babies who sleep for periods longer than three hours on a warm day may need to be woken for a breastfeed.

Australian Breastfeeding Association spokesperson and breastfeeding counsellor, Karen Ingram states that, 'just as we are thirstier in hot weather, so too are babies. Instead of them requiring a complete meal at each feed, their shorter and more frequent feeds quench their thirst and aid hydration.'

Breastmilk is a living fluid, ever-changing to suit the ages and stages of a baby and even responds to the weather! The milk suckled first at each breastfeed has a low fat content, naturally quenching baby's thirst. The fat content of the milk gradually increases as the breast softens and satisfies baby's hunger.

'The more a mum breastfeeds her baby, the more milk she'll make so it's a good reminder for mothers that their body can respond to the conditions and to meet the needs of their baby. Mums also need to quench their thirst so a water bottle on hand is ideal', says Ms. Ingram.

A last reminder for mothers and babies out and about is to not put off breastfeeding their baby until they get home. It is important that babies are fed whenever they need, wherever they are. It is legal for women to breastfeed their babies anywhere they happen to be.

For more information on breastfeeding babies and toddlers in warm weather, go to: <http://www.breastfeeding.asn.au/bfinfo/cool.html> or call the Australian Breastfeeding Association Helpline on 03 9885 0653.

Media Enquiries:

Karen Ingram, Public Relations Officer t: 0414 865 018