

Who are we?

JOIN US TODAY!

All the things you wanted to know about breastfeeding and parenting!

www.mymomsbest.com **MYMOMS BEST**



Malaysia's online breastfeeding and parenting website with a heart

MyMomsBest (MMB) is a 300+ strong community of breastfeeding enthusiasts from all over the country who champion the most natural way to nurture a child. Affectionately known as 'mummies', members comprise young mothers with exclusively-breastfed babies as well as 'retired mummies' with formerly breastfed children now grown into teenagers. The majority of members are working moms in full-time professions like doctors, lawyers, lecturers, senior managers, engineers and businesswomen, who place breastfeeding and parenting high on their list of priorities. Applications to join are vetted, but membership is free!

Website

As a not-for-profit, self-funded independent group established in 2003, MMB runs a website filled with useful tips from paediatricians, lactation consultants and ob-gyns. Our hottest section is the breastfeeding and parenting pages, which receive nearly a hundred hits a day! The website is unique as it provides information in an Asian perspective, a highly-sought after resource for Asian mothers.

Open forum

MMB hosts an online forum where mothers gather to discuss interesting topics and provide support to each other. The benefit of this is reflected in the increased numbers of mothers who have successfully breastfed their newborn babies.

Breastfeeding helpline

For mothers who do not communicate in English, MMB has a Mandarin and Bahasa Malaysia email helpline at help@mymomsbest.com

For breastfeeding related questions - please join our forum or write to our helpline. For general matters, please write to the co-founder, Chan Lillian (Penang) at admin@mymomsbest.com

Mummy's milk has something money can't buy - LOVE

For the love of your baby, breastfeed!

Breastfeeding is the unique link maintaining mommy and baby as one. What can be more beautiful and loving than for mommy to continue to nurture and comfort baby by having baby close to her?



MYMOMS BEST BREASTFEEDING IS BEST

What are the advantages of breastfeeding your baby?

- ♥ Complete nutrition. There is no need for any other food until six months of age
- ♥ Natural protection. Mommy's first-milk or colostrum is 'nature's antibiotic'. Breastfed babies are less prone to colic, respiratory infections and allergies including asthma and eczema
- ♥ Comfort and security. In mommy's warm and gentle embrace, baby continues to feel secure. Lying on mommy's chest, baby hears the familiar heartbeat.

A simple guide for moms-to-be intending to maintain that magical bond between mommy and baby

- ♥ Be prepared before birth of baby
- ♥ Maintain a well-balanced diet during pregnancy and after
- ♥ Believe in yourself - every mummy has sufficient milk for her baby
- ♥ Reach out for support and encouragement
- ♥ Be happy and rejoice!



MYMOMS BEST

This leaflet is sponsored by a group of passionate breastfeeding mothers and the World Alliance for Breastfeeding Action (WABA).

B4

Malaysian Breastfeeding Moms



B1

MYMOMS BEST

Malaysian Breastfeeding Moms

What's so good about breastfeeding anyway?

Hygiene

Breastmilk is free of germs and just washing your nipples with water once daily will do.

Convenience

You won't have to lug bottles around, or waste time sterilising everything.

Smart choice

Anyone can feed a baby but it takes a loving and smart mommy to nurture her baby with breastmilk.

Mother's health

Contraction of the womb occurs when your baby suckles. This lessens the chance of severe bleeding and speeds up its return to pre-pregnancy size.

Baby's health

Your baby will endure less illness and you have less worries and trauma of taking care of a sick child.

Cancer prevention

The risk of breast and ovarian cancer is less in women who have breastfed.

Weight control

Calories are burned when you breastfeed, helping shed some of the fat gained during pregnancy.



The secret of breastfeeding success

Breastfeeding is a learned art, and may not come naturally to all mothers. As a new mother steps onto the breastfeeding path, she is often faced with various challenges, and they include skepticism from misinformed, but well-meaning, loved ones. It is most certainly a labour of love for mothers to persist and remain self-assured with the decision to give the ultimate nourishment to their babies. In such circumstances, peer support is vital for mothers to remain convinced and steadfast with breastfeeding.

Here is what some mothers who found peer support think:

Nicky

admin support executive

"I have no fear of failure because I know I can get the support I need 24/7."

Yek Nee

manager

"I would have given up breastfeeding my second child if not for the support group."

Kalyani

content manager

"You know you're not alone in this breastfeeding challenge!"

Angelia

self-employed

"Just knowing that others have been through - or going through - what you are at the moment is such a great help."

