

# The right feeding solution for breastfeeding mothers?

**Breastfeeding is one of the most natural things a mother can do for her baby.**

To help us fully understand this unique and emotional relationship, Medela has been working with scientists from the University of Western Australia for over 30 years. This close collaboration has resulted in a significant contribution to developing our understanding of the interaction between mother and baby while breastfeeding. Recent research has explored infant feeding patterns at the breast. It was discovered that vacuum plays a key role in the baby's ability to breastfeed successfully and position of the nipple in the mouth is also important. The nipple does not reach the junction of the hard and soft palate and a combination of tongue and jaw movement enables the development of a unique feeding behaviour. An individual technique of sucking, swallowing and breathing ensures a successful transfer of milk.

This insight has led to the development of a revolutionary feeding product, scientifically proven to enable a baby to apply the same feeding behaviour already learned at the breast.



## Why Calma?

A conventional nipple forces a baby to change his natural feeding behavior. Even if the baby is not actively sucking, the milk flows freely and the baby must stop the flow of milk in order to pause and breathe.

This complete change in behaviour is the main reason many babies struggle, firstly to accept a conventional nipple, and secondly to return to the breast. To avoid this, we have developed a new feeding solution: Calma.

With Calma, the milk will only flow if the baby works and creates vacuum to remove the milk. This enables the feeding behavior learned at the breast to be used with Calma.



**Calma**  
feeding solution – including  
protective cap and one multi-lid



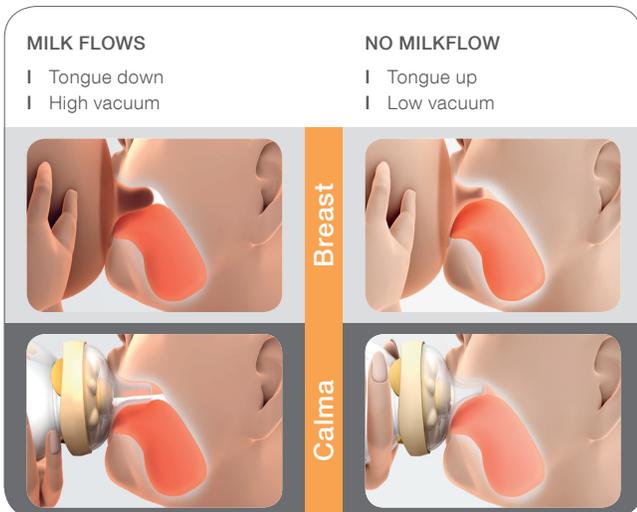
**Calma with 150ml bottle**  
protective cap and  
two multi-lids



## Why offer such a solution to mothers?

Mother's face many challenges including returning to work and cannot always be on hand to breastfeed. Breast is always best, but when a mother has to find an alternative way to feed her expressed breastmilk, Calma is the best solution. Calma sits at just the right place in the baby's mouth and encourages them to feed using their naturally learned feeding behavior.

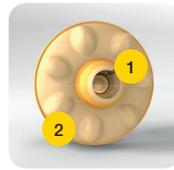
The feeding behavior at the breast develops and changes as the baby grows, and the same is true using Calma. Therefore Calma meets the needs of the baby throughout the breastfeeding period. The suck, swallow and breathe technique encourages calm and relaxed feeding. Whether breastfeeding or using Calma: the milk only flows when the baby works for it.



## With Calma:

- I Mother only needs one type of nipple throughout her breastfeeding duration.
- I Her baby can feed, pause and breathe regularly.
- I Milk will not flow unless a vacuum is created.
- I Milk flow stops when the baby relaxes to pause and breathe.
- I The baby's natural sucking rhythm will be maintained, enabling easy transition back to the breast.

## Technical advantages of Calma



### Milk flow hole

1 Milk flow is regulated by the vacuum created by the baby and controlled by the milk flow control system.

### Stabilisers

2 The stabilisers prevent the outer layer from collapsing and help to make it stable.



### Air venting system

3 Bottle is vented through the air venting system; Milk release is not connected in any way to how tightly the nipple is screwed on.



### Multi-lid (with 2 functions)

4 Closes bottle tightly, preventing spills.



### Calma

5 Keeps it clean during transportation.

### Protective cap

6 Protects Calma tip.

Geddes DT, et al, Tongue movement and intra-oral vacuum of term infants during breastfeeding and feeding from an experimental teat that released milk under vacuum only, Early Hum Dev (2011), doi:10.1016/j.earlhumdev.2011.10.012

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