

# Introducing Calma: The Breastfeeding friendly Feeding Solution



With Calma, your baby can breathe, feed and pause similar as on the breast – Calma makes the difference.



## Switching between Breast and Bottle has never been easier

Naturally you want to provide the best for your baby and when breastfeeding, you can be assured you are doing the right thing. Not only is the milk you provide the optimal food, you are also providing immunity and supporting optimum development. However, even when away from your baby you can continue to provide breastmilk. Using a breastpump, you can cover those times you are apart.

Finding the right solution to feed your expressed breastmilk can be a challenge, as the feeding technique between breast and bottle is so different. Calma, however, provides the unique solution. Your baby has a natural feeding behaviour and Calma supports to maintain this. Switching from breast to bottle and back to the breast has never been easier.



## Why Breastmilk?

Breastfeeding is natural and extremely beneficial for both you and your baby. Babies fed with breastmilk ...

- ... **are healthier: special substances prevent harmful bacteria from growing in their intestines and causing infections.**
- ... **have fewer ear infections, fewer respiratory infections, a decreased risk of developing allergies, childhood diabetes and obesity.**
- ... **are less prone to develop diabetes, heart disease, eczema, asthma and other allergic disorders later in life.**
- ... **have enhanced brain development: research shows there is better visual development and acuity.**
- ... **enjoy an enhanced emotional bond with their mothers and feel the warmth, love and affection that the physical closeness of breastfeeding offers.**

## And the Benefits for you:

- | It reduces post-delivery bleeding and the risk of anaemia and helps you to regain your normal figure.
- | Long-term breastfeeding has a protective effect against several types of breast and ovarian cancer and osteoporosis.



## What you need to know about Breastpumps

Being away from your baby does not mean having to stop breastfeeding. Expressing your milk with a breastpump means you can take the time away, continue to provide breastmilk and also help to maintain your milk supply.

Medela's breastpumps gently mimic the sucking rhythm of your baby: they first stimulate the breast with fast light sucking, then follow with slower deeper sucking when the milk flows. This is reflected in the 2-Phase Expression Technology which is built into our breastpumps – helping you to get more milk in less time.



- I Symphony – used in a hospital or for rental. Ideal for long-term and frequent expressing needs at home.



I Freestyle – the world's smallest high-performance double electric breastpump for daily and frequent use at home or on the go.



I Swing – perfectly adapts to your daily routine. A single electric pump, ideal for occasional or frequent expressing on the go.



I Harmony – a manual 2-Phase breastpump, which suits your needs. Small, compact and ideal to provide cover between breastfeeding sessions.

## Whatever Pump you choose: Calma is your Feeding Solution

Once you have expressed your milk, you need to choose the right way to feed your milk to your baby. You want to find an optimal solution that does not interfere with your breast-feeding.

Calma is able to offer an innovative solution, enabling your baby to switch from breast to bottle and back.

Your baby has his own natural feeding behaviour whilst on the breast and learns this from the very first time of feeding.



**Calma with 150 ml or  
250 ml bottle**

**|** unique feeding solution  
designed for breastmilk



## With Calma ...

- ... **your baby can feed, pause and breathe regularly.**
- ... **milk will not flow unless a vacuum is created.**
- ... **milk flow stops when the baby relaxes to pause and breathe.**
- ... **your baby's natural feeding behaviour will be maintained supporting easy transition back to the breast.**

Calma is easy to assemble and clean. It comes with 2 multi-lids that prevent spillage and close the bottle tightly, plus a protective cap.



## Who can use Calma?

Any mother who needs to be away from her breastfeeding baby.

- | A doctor's appointment or some personal need may take you away for a couple of hours.
- | You would like to catch up on some sleep and let the father have some special time with his baby.
- | You need to go back to work.
- | You would like to have some time for yourself – a visit to the gym, spa or meeting with friends.



Whatever the reason: you can relax, because you know that your baby will still be fed the best breastmilk with Calma.



## Taking care of your Breasts



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- 1 CONTACT™ NIPPLE SHIELDS**  
| Protect sore nipples during breastfeeding
- 2 PURELAN™**  
| Soothes sensitive or dry nipples
- 3 WASHABLE BRA PADS**  
| Maximum absorbency with antimicrobial material to reduce odours and bacterial growth
- 4 MILK COLLECTION SHELLS**  
| Secure solution for heavy milk leakage
- 5 BREASTSHELLS**  
| Protect sore or cracked nipples
- 6 DISPOSABLE BRA PADS**  
| Super absorbent, thin, discreet
- 7 HYDROGEL PAD**  
| Unique cooling effect

## Medela helps to make Breastfeeding easy

Medela offers a wide range of research-based products and information about breastfeeding to help you to breast-feed longer.

Ask your lactation consultant or your midwife for detailed information – or find your nearest Medela stockist at [www.medela.com](http://www.medela.com)

**Medela's Breastfeeding Group exists to enhance the health of mothers and babies through the life-giving benefits of breastmilk.**

Trust Medela –  
because we  
continuously learn from  
those who know best:  
babies! 🍊



## Local contact

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