

*No. 1 choice  
of hospitals  
& mothers*

# Calma: The unique Feeding Solution for Breastfeeding Mothers.

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

To enable us to fully understand this unique and emotional relationship, Medela has been working with scientists from the University of Western Australia for many 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 solution, scientifically proven to enable a baby to apply the feeding behaviour already learnt at the breast.



### **Why Calma?**

Calma is designed for breastfeeding babies whose mums are pumping. When using Calma, babies are able to maintain their natural feeding behaviour learned on the breast. They are able to drink, pause and breathe regularly. When vacuum is created, milk will flow.

Research has shown this is also how milk is removed from the breast. One size is sufficient for the entire breastfeeding period as babies will regulate the vacuum and intake as they grow, just as in nature.

Calma provides the solution when a mother has pumped and needs to feed her precious breastmilk to her baby.



#### **Calma**

- | feeding solution – including protective cap and one multi-lid



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

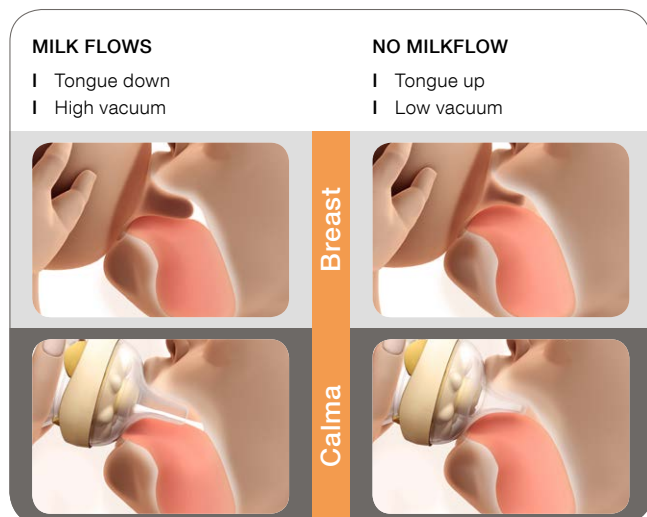
- | protective cap and two multi-lids



## Why offer such a Solution to Mothers?

Many modern mothers are returning to work or, in today's busy society, 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 a unique solution. Calma sits at just the right place in the baby's mouth and encourages them to feed using their naturally learned feeding behaviour.

The feeding behaviour at the breast and with Calma develops and changes as the baby grows. Therefore Calma meets the needs of the baby throughout the breast-feeding period. The suck, swallow and breathe technique encourages calm and relaxed feeding. Whether breast-feeding or using Calma: the milk flows when the baby creates a vacuum.

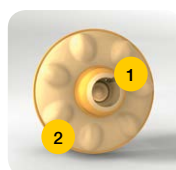


### With Calma:

- I Mum only needs one type of teat throughout her breast-feeding 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 feeding behaviour can be maintained, supporting easy transition back to the breast.

[www.ready-4-calma.com](http://www.ready-4-calma.com)

## 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 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 teat is screwed on.



### Multi-lid (with 2 functions)

- 4 Closes bottle tight and secure, preventing spills. Keeps Calma hygienic and clean during transportation.

### Protection cap

- 5 Protects Calma tip.

### Local contact

### For further information please go to:

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