

Hot weather guidance – Breastfeeding mums and babies on warm wards

- Breastfed babies will want to come to the breast more during warm weather – this is normal!
- We need to help mothers understand this and cope with this. If they expect this, it becomes less of a concern for them – especially in the early days on the ward. Mothers may be more tired, and less resilient to a more needing baby. We know babies normally feed more on day two for example anyway – so in warmer weather this can be increased further
- Please explain this to all new mothers over the warmer months – responsive breastfeeding will keep the babies happy and help milk supply
- Skin to skin contact can help this and mothers can enjoy getting to know their babies and a focus on being close to the breast – open access – anytime, often, whenever baby wants. Lots of reassurance and positivity helps
- Please remind mothers that formula supplements can affect milk supply – especially if given in the early days / weeks of life

