

Breastfeeding

The first milk, called colostrum, is highly protective.
We encourage all mothers to provide colostrum to their baby soon after birth.
COVID-19 positive mothers can still breastfeed.
For more information, please visit: healthierlsc.co.uk/BetterBirths

Skin Contact / Responsive Feeding

Skin to skin contact after birth provides important protection for your baby. During this time your baby will be covered with good friendly microbes from your skin, which are highly protective. Skin to skin contact will also calm you and your baby, steady their breathing and keep them warm. This is a great time for a first breastfeed and your midwife can help you. Stay close to your baby and feed whenever they are hungry. This will remind your body to produce plenty of milk. It is fine to feed your baby when they need comforting, when your breasts feel full or when you just want to sit down and have a rest. It is not possible to over feed a breastfed baby!

Position of baby

- Hold baby close to you
- Keep baby's head and body in a straight line
- Head free / tilted back
- Start with nose to your nipple
- Baby's chin touches the breast first

No other food or drink required

Your baby only needs breast milk for the first six months. Your midwife can discuss expressing your breast milk as an option.

Breastfeeding is going well if:

Breastfeeding is comfortable (it should not hurt). Baby is relaxed, your baby's chin is indenting your breast, baby has a wide open mouth, you can see more of the darker skin around your nipple above your baby's top lip, your baby sucks fast at first then deeper and slower and your baby's cheeks are plumped out.

Your baby has frequent wet / dirty nappies (yellow poo by day four).

Breastfed babies have less:

- Ill health
- Infections
- Diabetes
- Skin problems
- Asthma and respiratory illnesses

They are also less likely to be obese, require hospital admissions and are less likely to need antibiotics.

Mothers who breastfeed protect their own health too.

Breastfeeding means:

Less work (with formula feeding you need to make up each bottle fresh), less money spent, less time off work looking after sick children, and overall more convenience.

Support:

Your midwife, health visitor, children's / neighbourhood centre can help you.

National Breastfeeding Helpline:
0300 1000 212

Please come along to local breastfeeding groups.

