

Mother's guide to breast feeding

- During pregnancy your midwife will discuss feeding your baby and relationship building. You will be informed of the many health benefits of breastfeeding.
- You can also attend our infant feeding workshop. All staff are trained to help you with your chosen method of feeding.
- We recommend that all women who are pregnant and/or breastfeeding should take vitamin D supplements.
- Skin to skin contact is promoted as soon as possible after birth and throughout your stay with us.
- You will keep your baby with you so you can get to know each other and so you can feed your baby when he/she wants.
- You will be encouraged to feed your baby whenever he/she seems hungry. This is known as responsive feeding.
- It is best to give healthy babies breast milk only for the first six months of life.
- It is best not to use bottles, dummies or nipple shields while your baby is learning to feed as they can confuse his/her sucking.
- When you leave hospital you will be provided with telephone numbers so that you can call a breastfeeding supporter. Please don't hesitate to call at any time.
- We will teach you how to position and attach your baby, and to hand express your milk.
- If your baby is separated from you, the staff will help you to express your milk in order to maintain a good milk supply.



This is a short version of our guide. If you would like to see the full document please ask a member of staff.