



General principles of breastfeeding

- Feed your baby as soon as possible after the birth.
- You will be shown how to maintain your milk supply even if you and the baby are separated.
- No other food or drink should be given to your baby for the first 6 months, unless medically indicated.
- You and your baby should stay together 24 hours a day.
- Breastfeed on demand.
- Give no artificial teats or dummies.
- You can feed your baby in different positions as long as correct attachment on the breast is achieved.
- If suckling causes pain, take your baby off the breast, reposition and re-attach.
- It is important to offer unrestricted feeding on one breast, before starting the second.
- Join a breastfeeding support group.

Positioning and attachment

- Hold your baby close to you, supporting their neck, shoulders and back.
 - Make sure your baby's head and body are in a straight line.
 - Position your baby with his/ her nose opposite your nipple.
 - When his/ her mouth is wide open bring them to the breast, chin first.
 - Your baby should take a large mouthful of the breast - not just the nipple.
 - The chin will be touching your breast, their nose will be free.
 - It doesn't hurt, although the first few sucks may feel strong.
 - Your baby's cheeks will look rounded.
 - Your baby will feed in long, rhythmical sucks and swallows, sometimes pausing.
- If you start to develop problems or would like more information, contact your midwife. Also see chapter 1, of the 'Birth to five' book.

Breastfeeding checklist

Your midwife will complete this checklist to ensure that you are given all the information you need to breastfeed successfully.

Checklist	Yes	No	Date	Signature*
Baby-led feeding explained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text" value="/ /"/>	<input type="text"/>
Feeding cues discussed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text" value="/ /"/>	<input type="text"/>
Rooming-in discussed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text" value="/ /"/>	<input type="text"/>
Bed-sharing discussed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text" value="/ /"/>	<input type="text"/>
Advised about co-sleeping policy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text" value="/ /"/>	<input type="text"/>
Checklist for breastfeeding a healthy term baby				
Positioning and attachment shown	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text" value="/ /"/>	<input type="text"/>
Positioning and attachment observed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text" value="/ /"/>	<input type="text"/>
Mother confident to position and attach baby herself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text" value="/ /"/>	<input type="text"/>
Full feed observed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text" value="/ /"/>	<input type="text"/>
Mother shown how to recognise that baby is feeding effectively	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text" value="/ /"/>	<input type="text"/>
Hand-expressing and storing milk shown or explained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text" value="/ /"/>	<input type="text"/>
Problems of using teats, dummies or nipple shields discussed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text" value="/ /"/>	<input type="text"/>
Mother shown how to sterilize equipment (if necessary for breast pump)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text" value="/ /"/>	<input type="text"/>
Breastfeeding support details given	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text" value="/ /"/>	<input type="text"/>
Importance of exclusive breastfeeding	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text" value="/ /"/>	<input type="text"/>
Leaflets given and discussed				
UNICEF 'Breastfeeding Your Baby'	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text" value="/ /"/>	<input type="text"/>
DOH 'Off to the best start'	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text" value="/ /"/>	<input type="text"/>
Sterilizing baby feeding equipment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text" value="/ /"/>	<input type="text"/>

Name

Unit No



Bottle-feeding your baby

When using formula milk to feed your baby, it is important that you prepare it in the safest way possible. Tins and packets of milk powder are not sterile even when sealed and can contain harmful bacteria, which, if the feed is prepared incorrectly can cause infections that can be life threatening.

Cleaning and sterilizing - this applies if you are breast or bottle feeding.

- Wash your hands and work surfaces.
- Clean all feeding equipment in hot soapy water then rinse under running water before sterilizing. Remove all traces of milk.
- For cold water sterilizing units, follow the manufacturers instructions. Change the sterilizing solution every 24 hours. Completely immerse the bottles and teats in the solution, ensuring no air is trapped in them. Keep all the equipment under the solution by using the floating cover. It will take at least 30 minutes to sterilize the equipment.
- For steam sterilizers follow the manufacturer's instructions. Ensure the openings of the bottles and teats are facing down in the unit. Any equipment not used immediately should be re-sterilized before use.

Making up feeds - Always make up bottles fresh at each feed. Never store milk in the fridge for later.

- Use fresh tap water to fill the kettle.
- After it has boiled, let it cool for no more than 30 minutes. The optimal temperature to prepare the feed is 70 degrees centigrade. Do not use artificially softened water, or kettle water that has been repeatedly boiled. If you have to use bottled water (if you are on holiday), it will still have to be boiled.
- Shake off any excess water from the bottle and stand on a clean surface. Always pour the cooling boiled water first. Check the bottle is filled to the required level.
- Follow the formula manufacturer's instructions. Loosely fill the scoop with milk powder and level it off with the flat side of a clean knife or leveller.
- Never add extra scoops, sugar or cereals to the bottle as this can make your baby ill or choke.
- Carefully attach the teat, retaining ring and cap on the bottle and shake till all the powder is dissolved.
- Make sure the feed is not too hot; 70 degrees centigrade can still cause scalds. You may need to cool the bottle in cool water before giving it to your baby. Always test a small amount on the inside of your wrist to check it is cool enough to give to your baby.

Feeding your baby

- Sit comfortably and cuddle your baby close.
- Tilt the bottle so there is no air in the teat.
- Give your baby time to take as much feed as he/ she needs.
- Throw away any unused formula in the bottle.
- Never leave your baby propped up or unattended while feeding.

Bottle feeding checklist

Your midwife will complete this checklist to ensure you are given all the information needed to bottle-feed successfully.

Checklist	Yes	No	Date	Signature*
Baby-led feeding explained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text" value="/ /"/>	<input type="text"/>
Feeding cues discussed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text" value="/ /"/>	<input type="text"/>
Rooming-in discussed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text" value="/ /"/>	<input type="text"/>
Bed-sharing discussed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text" value="/ /"/>	<input type="text"/>
Advised about co-sleeping policy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text" value="/ /"/>	<input type="text"/>
Checklist for bottle feeding a healthy term baby				
Mother shown how to hold baby and how to offer feed safely	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text" value="/ /"/>	<input type="text"/>
Mother confident with holding and feeding	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text" value="/ /"/>	<input type="text"/>
Full feed observed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text" value="/ /"/>	<input type="text"/>
Problems with using dummies discussed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text" value="/ /"/>	<input type="text"/>
Mother shown or discussed how to make up feeds safely and how to sterilize equipment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text" value="/ /"/>	<input type="text"/>
Mother confident with making up feeds and sterilizing equipment.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text" value="/ /"/>	<input type="text"/>
Artificial milk, feeding equipment and sterilizer ready at home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text" value="/ /"/>	<input type="text"/>
Leaflets given and discussed				
DOH 'bottle feeding'	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text" value="/ /"/>	<input type="text"/>

* Signatures must be listed on page 20 for identification

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