

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

Attachment and positioning

- Your baby's mouth should be wide open
- There should be less areolar visible underneath the chin than above the nipple
- Your baby's chin should be touching the breast with the lower lip rolled down and the nose free
- There should be no pain
- If your baby is not attaching well, tease your baby's lips with your nipple to open his or her mouth
- Swallowing should be audible and visible
- There should be a regular rhythmic suck
- Your baby's arms and hands will be relaxed
- Your baby's mouth will be moist

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"/>
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 sterilise 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"/>
Leaflets given and discussed				
UNICEF 'Breastfeeding Your Baby'	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text" value="/ /"/>	<input type="text"/>
DOH 'Breastfeeding'	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text" value="/ /"/>	<input type="text"/>
Sterilising baby feeding equipment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text" value="/ /"/>	<input type="text"/>

Bottle-feeding your baby

Always wash your hands before preparing or giving a feed and have everything ready before you start feeding. Get into a comfortable position so that you can cuddle your baby close as you feed. Give your baby time and let him or her take as much milk as they want. Some babies drop off to sleep and then wake up for more. At the end of a feed throw away any left over milk. Your baby will gradually settle into a routine. Respond to your baby's needs and feed him or her when they are hungry.

General principles (these instructions apply, whether you are using expressed milk or formula)

- As you feed, keep the bottle tilted so that the teat is always full of milk, otherwise your baby will be taking in air
- If the teat flattens while you are feeding, pull gently on the bottle to release the vacuum. If the teat blocks, start again with another sterile teat
- You may need to experiment to find the right teat and hole size for your baby
- Although it is traditional to warm a bottle, many babies do not mind cold milk
- To test the temperature of warmed milk squirt some onto the inside of your wrist

Safe bottle feeding

- Never prop up a bottle and leave your baby to feed alone – he or she may choke
- Do not add solids to bottle feeds. Your baby cannot digest them and may choke
- It is dangerous to use a microwave to warm the milk as the uneven heating may scald your baby's mouth
- If you use a jug or bowl of hot water to warm your baby's feed, take extra care that it cannot scald another child and keep the teat covered and out of the water
- Do not keep the milk warm for more than 20 minutes before the feed as germs can breed in the warmth
- If you use bottled water to make up a feed (e.g. when on holiday) it must be boiled and then cooled first. Use spring and not mineral water and 'still', not 'fizzy'.

Washing and sterilising equipment. It is important to keep bottles; teats and other equipment used in feeding absolutely clean to protect your baby against infection until your baby is at least 6 months old. This means washing as well as sterilising. There are various methods and your midwife will give you all the information you need.

Making up feeds. Always wash your hands with soap and water before you start to make up the formula. Boil some water in the kettle and let it cool. Then put the cooled water into the bottle first, before measuring the exact amount of powder required, adding it to the water, following exactly the instructions on the tin or packet. The milk powder has been very carefully balanced for your baby, so do not add extra powder or anything else as this could make your baby ill. It is recommended that each feed is made up as required. If you require a feed for later, keep boiling water in a sealed flask and make up fresh formula milk when needed. If your baby does not finish a bottle, do not keep the extra, throw it away. For information on wind, possetting and weaning, see page 17 of this booklet and chapter one of the 'Birth to five' book.

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"/>
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 sterilise equipment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text" value="/ /"/>	<input type="text"/>
Mother confident with making up feeds and sterilising equipment.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text" value="/ /"/>	<input type="text"/>
Artificial milk, feeding equipment and steriliser ready at home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text" value="/ /"/>	<input type="text"/>
Leaflets given and discussed				
Preparing a bottle feed using baby milk powder	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text" value="/ /"/>	<input type="text"/>
Sterilising baby feeding equipment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text" value="/ /"/>	<input type="text"/>

* Signatures must be listed on page 24 for identification

Name
Unit No