

Going home Breastfeeding



Please ensure that you have a full breastfeed observed by a health professional before you go home.

Things to discuss with your midwife:

- Responding to your baby's needs
- The importance of correct positioning and attachment
- Signs that baby is receiving enough milk
- Signs that breastfeeding is not progressing normally
- Recognising feeding cues
- The importance of demand feeding
- The importance of night feeding
- The effect of using dummies, teats, nipple shields
- Skin to skin contact
- Exclusive breastfeeding
- Hand expressing

Please ensure that you are shown how to hand express prior to leaving the hospital.



How can I tell that breastfeeding is going well?

Breastfeeding is going well when:

Your baby has 8 feeds or more in 24 hours

Your baby is feeding between 5 and 40 minutes at each feed

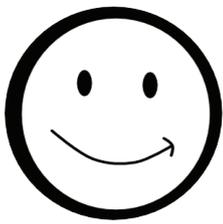
Your baby has normal skin colour

Your baby is generally calm and relaxed whilst feeding and is content after most feeds

Your baby has wet and dirty nappies (see chart over page)

Breastfeeding is comfortable

When your baby is 3-4 days old and beyond you should be able to hear your baby swallowing frequently during the feed



How can I tell that breastfeeding is going well?

Talk to your midwife if:

Your baby is sleepy and has had less than 6 feeds in 24 hours

Your baby consistently feeds for 5 minutes or less at each feed.
Your baby consistently feeds for longer than 40 minutes at each feed

Your baby always falls asleep on the breast and/or never finishes the feed himself

Your baby appears jaundiced (yellow discolouration of the skin)

Most jaundice in babies is not harmful, however, it is important to check your baby for any signs of yellow colouring particularly during the first week of life. The yellow colour will usually appear around the face and forehead first and then spread to the body, arms and legs. A good time to check is when you are changing a nappy or clothes. From time to time press your baby's skin gently to see if you can see a yellow tinge developing. Also check the whites of your baby's eyes when they are open and the inside of his/her mouth when open to see if the sides, gums or roof of the mouth look yellow

Your baby comes on and off the breast frequently during the feed or refuses to breastfeed

Your baby is not having the wet and dirty nappies explained overleaf

You are having pain in your breasts or nipples, which doesn't disappear after the baby's first few sucks. Your nipple comes out of the baby's mouth looking pinched or flattened on one side

You cannot tell if your baby is swallowing any milk when your baby is 3-4 days old and beyond

You think your baby needs a dummy

You feel you need to give your baby formula milk

Nappies

The contents of your baby's nappies will change during the first week. These changes will help you know if feeding is going well. Speak to your midwife if you have any concerns.

Baby's age	Wet nappies	Dirty nappies
1 - 2 days old	1 - 2 or more per day rates may be present*	1 or more dark green/black 'tar like' called meconium
3 - 4 days old	3 or more per day nappies feel heavier	2 or more, changing in colour and consistency - brown/green/yellow, becoming looser ('changing stool')
5 - 6 days old	5 or more heavy wet**	2 or more yellow; may be quite watery
7 days to 28 days old	6 or more heavy wet	2 or more at least the size of a £2 coin yellow and watery, 'seedy' appearance

*Urates are dark pink/red substance that many babies pass in the first couple of days. At this age they are not a problem, however if they go beyond the first couple of days you should tell your midwife as that may be a sign that your baby is not getting enough milk.

** With new disposable nappies it is often hard to tell if they are wet, so to get an idea if there is enough urine, take a nappy and add 2-4 tablespoons of water. This will give you an idea of what to look/feel for.

The suck/swallow pattern of a feed



Beginning of feed - short, rapid sucks

Active feeding - long slow, rhythmic sucking and swallowing, with pauses

End of feed - 'flutter sucking' with occasional swallows

If you have any concerns with breastfeeding please contact your midwife or attend one of our community breastfeeding clinics.