

# YOUR PARENT JOURNEY STARTS HERE:

## What you can do to meet your baby's needs

During your pregnancy you will want to spend a little time discussing your hopes and feelings about parenthood, and how best to lay the foundation for a strong and loving bond with your baby. Here are some suggestions to help you with your expectations – **please discuss these with your midwife during your antenatal visits.**

### Did you know some interesting facts

Mums who breastfeed have a:

- Lower risk of breast and ovarian cancer
- Lower risk of osteoporosis

Babies fed artificial milk (cow's milk) are at greater risk of developing:

- Gastroenteritis
- Chest/ear/urinary infections
- Eczema
- Obesity

Signed by: .....  
 (health professional)

Date: .....

### Saying 'hello' to your baby can start today

By taking time to talk, play music and stroke your bump is a great opportunity for you all as a family to say hi to your new baby. Your ultrasonographer can point out if your baby is yawning, swallowing and moving. Just ask.

Signed by: .....  
 (health professional)

Date: .....

### A lovely way of welcoming your baby into the world

and keeping him/her feeling warm, calm and secure is by **skin to skin contact.**

This is where your baby wants to be in the early days and helps support the start of a close loving relationship.

Signed by: .....  
 (health professional)

Date: .....

### How best to feed your baby

A healthy newborn baby has only three demands:

- They are warm in the arms of their mother
- Food from her breasts
- Security from the knowledge that she is there.

Breastfeeding satisfies all three. Ask your midwife how to enable you and your baby to position and attach for effective feeding.

Sometimes it can take a little while to become confident with breastfeeding. You do not need to decide on how you are going to feed your baby until they are in your arms. We will support you in your decision.

Signed by: .....  
 (health professional)

Date: .....

Mother's comments:

.....  
 .....  
 .....



Thanks to nicola a midwife from ESTH

### Have you thought how you will respond to your new baby's needs?

Babies are designed to be close to their parents including being in the same room while they sleep for the first six months. You cannot spoil a baby by responding to their needs, the closer they are to you the quicker you can respond which should make life easier.

Signed by: .....  
 (health professional)

Date: .....

### How your baby will communicate with you?

Keeping your baby close will help you notice and respond to his/her needs for comfort and for feeding. Responsive feeding is when your baby shows you cues such as sucking fingers, rooting (searching for food/breasts). This is why we suggest not to use dummies in the first six weeks as this hinders how your baby communicates with you.

Signed by: .....  
 (health professional)

Date: .....

### Support at home

Ensure you have a friendly shoulder to lean on during your first few days at home.

Please seek help if you need it from your midwife and local support groups.

Signed by: .....  
 (health professional)

Date: .....

As well as talking to your midwife, you will get lots more information from your 'off to the best start' leaflet (in your 28 week pack) and websites/apps such as:

[www.unicef.org.uk/babyfriendly/resources/audiovisual](http://www.unicef.org.uk/babyfriendly/resources/audiovisual) - short videos and information.

[www.bestbeginnings.org.uk/phone-apps](http://www.bestbeginnings.org.uk/phone-apps) - interactive information and videos for parents and parents to be (Baby Buddy app)

[www.your-baby.co.uk](http://www.your-baby.co.uk) - information and short films about getting to know your baby and how parents can respond to a baby that fosters emotional wellbeing

[www.isisonline.org.uk](http://www.isisonline.org.uk) - provides up to date research evidence about normal infant sleep development. Infant sleep app/ Information sheets on Slings/Dummies etc.

[www.epsom-sthelier.nhs.uk/infant-feeding](http://www.epsom-sthelier.nhs.uk/infant-feeding) - infant feeding information on our website

**This section is for you and your midwife to complete together before you go home.**

Do you know the signs that tell you that your baby is receiving sufficient milk, ie increasing amounts of urine (six wet nappies in 24 hours by day five) and bowels open (at least two per 24 hours and change in colour), appropriate weight gain and a suckling and swallowing feeding pattern at the breast?

Yes  No

Has a breastfeed been observed, discussed and recorded on your breast feeding assessment sheet?

Yes  No  N/A

If your baby is mixed feeding, have you been encouraged to breastfeed as much as possible?

Yes  No  N/A

Have you been shown how to hand express? Please ask your midwife before you go home

Yes  No  N/A

Have you been given details of your local community support groups? If not please ask your midwife before you go home

Yes  No  N/A

If there are feeding issues, has the midwife discussed and written an appropriate feeding management plan with you? If not please ask your midwife before you go home.

Yes  No  N/A

**Formula/mixed feeders only**  
Have you had a bottle feed observed and do you know how to make up formula as safely as possible, using the bottle feeding leaflet?

Yes  No  N/A

If your baby is being bottle fed, has the midwife discussed the importance of you as the parents doing most of the feeds? Babies respond best to one or two main care givers. If not please ask your midwife before you go home

Yes  No  N/A

Is there anything you feel you need to know about feeding/caring for your baby that hasn't been discussed?

.....

Signature & Print Name: .....

Midwife to sign and date in each section after discussion: .....