
Please keep this handy with your maternity notes

NATIONAL BREASTFEEDING HELPLINE
0300 100 0212
Available 9:30am - 9:30pm everyday
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The Real Baby Milk project wouldn’t be possible without the support and help from so many people and organisations.

Real Baby Milk was started by Cornish mum of three, Arwen Folkes, in 2005 after having a challenging time breastfeeding her first baby but succeeding due to the right information and support being available to her. The Essential Guide is designed to enable parents to have easy access to the correct information and support that is available to them, giving them the best chance of succeeding too. Real Baby Milk is not for profit and run by mums, for mums.

Many people and organisations have supported the project over the years and we are grateful to them all – but in particular: Helen Shanahan, Stephanie Heard, Cornwall Council Family Services, Cornwall Partnership Foundation Trust and Royal Cornwall Hospitals Trust. We are also grateful to the volunteer peer supporters across Cornwall, all ready to support you and your baby, without whom none of this would be possible.

Keep in touch with Real Baby Milk

realbabymilk.org/newsletter
facebook.com/realbabymilk
twitter.com/realbabymilk
While you are pregnant

Bonding with your baby starts from the moment you find out you are pregnant. Talking to your baby as he or she grows inside you helps you get to know each other before your baby is even born. Learning about how your baby is growing and developing, noticing when your baby moves, and touching and stroking your bump all help you to understand the changes your baby is going through and to begin to build your relationship. Your partner and other children can also talk to your baby and start to get to know them. When your baby is born, you can offer them a warm welcome with skin to skin contact.

Skin to skin contact

Important for ALL babies because it:

- Keeps baby warm
- Calms baby’s heartbeat
- Reduces mum’s and baby’s stress levels
- Regulates baby’s breathing
- Helps with baby’s first feed

Other things you can do that will help you care for your baby:

- Keep baby close by
- Get to know your baby
- Respond to your baby’s feeding cues

Remember – most babies don’t need anything other than breastmilk for the first 6 months.

Feed your baby as often and for as long as baby wants.

It’s important to get positioning and attachment right when you breastfeed, so that

- your baby takes plenty of milk and grows
- you make plenty of milk for your baby
- breastfeeding is comfortable for both of you
Breastfeeding is the normal way to feed a baby and your baby’s good health and development depend on breastmilk. The World Health Organisation recommends exclusive breastfeeding for about the first six months and continued breastfeeding alongside other foods for at least the first two years and beyond. This will give your baby the best start in life. However, any amount of your breastmilk will always be good for your baby’s health and wellbeing.

Remember A B C D:

Breastfeeding protects against:
- **Asthma**
- **Breast cancer**
- **Coughs and colds**
- **Diabetes**

Breastfeeding also helps protect your baby from:
- Severe diarrhoea and vomiting
- Chest infections
- Eczema
- Sudden Infant Death Syndrome (cot death)
- Ear infections
- Obesity

Breastfeeding also helps protect you from:
- Ovarian cancer
- Osteoporosis (weak bones later in life)
- Obesity (helps you lose weight)

The Dept of Health recommends that all pregnant women take a suitable vitamin supplement, and you may be eligible for free vitamins and help with the cost of food. Ask your midwife or health visitor about the Healthy Start scheme.

If you decide not to breastfeed your baby, it is very important that you are given information about preparing and feeding formula milk as safely as possible. Please discuss this with a member of your midwifery or health visiting team who can provide you with the correct information and a leaflet to support this. Remember you can always change your mind!

You can also download information about bottle feeding from www.nhs.uk
Suggestions for things you will find useful to bring with you for the birth:

✓ Maternity notes, birth plan, Essential guide to feeding & caring for your baby, baby’s red book
✓ Comfy sleep wear and/or stretchy camisoles/T-shirts/shorts/tracksuit bottoms
✓ Dressing gown, socks and slippers/flip flops/sandals
✓ Lots of pants, old comfy ones are best!
✓ Maternity pads (or night-time sanitary pads)
✓ 1 or 2 Maternity/nursing bras and a few breastpads
✓ Wash bag, toiletries, lip balm, cosmetics etc
✓ Hairbrush, scrunchies, hairbands etc
✓ Towels, at least 2
✓ Pillow(s) (more comfy than a hospital one with a plastic liner)
✓ Drinks and snacks for you and your birth partner
✓ Change for vending machines
✓ Camera
✓ Mobile phone and numbers (you can buy credit for the bedside phone/TV/internet if you stay in hospital)
✓ Music/oils/massage tools/water spray/birthing ball if desired
✓ Reading material, writing pad and pen

For the baby:
✓ Newborn nappies
✓ Cotton wool roll/pleat/balls (not baby bath, lotion etc, newborn skin is very fragile)
✓ Sleepsuits and vests
✓ Newborn cardigan, hat and socks
✓ Baby blankets
✓ Infant car seat

Remember, you DON’T need to bring a dummy. Giving a breastfed baby a dummy, formula milk or water will interfere with breastfeeding and may reduce your breastmilk supply.
Parents’ guide to the Isle of Wight Infant Feeding Policy

We are committed to providing the highest standard of care to support expectant and new mothers and their partners to feed their baby and build strong and loving parent-infant relationships. This is in recognition of the profound importance of early relationships to future health and well-being, and the significant contribution that breastfeeding makes to good physical and emotional health outcomes for children and mothers.

All staff are being specially trained to help you breastfeed your baby. Throughout your pregnancy, you will be able to discuss breastfeeding and caring for your baby individually with a midwife or health visitor. You will be encouraged to hold your new baby against your skin as soon after birth as possible until after baby’s first feed or for as long as you want. The staff will not interfere or hurry you but will be there to support you and to help you with your first breastfeed.

A midwife or trained health support worker will be available to explain how to put your baby to the breast correctly and to help with feeds in the early days. The health visiting team and children’s centres will provide support later on.

If you choose to formula feed staff will provide support and information on how to bottle feed responsively and the techniques of bottle feeding so that you may do this as safely as possible.

You will be shown how to express your breast milk and you will be given written information on this which you can refer to once you are home.

You will be encouraged to feed your baby whenever he or she shows feeding cues. You will also be encouraged to respond to baby’s needs for comfort and closeness.

We will encourage you to keep your baby will be with you at all times so that you get to know each other.

If any medical procedures are necessary, you will always be invited to accompany your baby.

Most babies do not need to be given anything other than breast milk for their first six months. If for some reason your baby needs artificial formula for medical reasons, this will be explained to you by the staff before you are asked to give your permission.

We will give you information and advice about caring for your baby at night, infant safety and safe sleeping.

We recommend that you avoid using bottles, dummies and nipple shields while your baby is learning to breastfeed. This is because they can make it more difficult for your baby to learn to breastfeed successfully and for you to establish a good milk supply.

Before you leave hospital, you will be given a list of telephone numbers of people who can provide extra help and support with breastfeeding when you are at home.

Most babies do not need anything other than breast milk for their first six months.

We will help you to recognise when your baby is ready for other foods (at around six months) and explain how these can be introduced.

We welcome breast feeding in any of our premises but if you would prefer somewhere private please ask a member of staff.

This is your guide to the Isle of Wight infant feeding policy

Please ask if you would like to see the full policy.
How will I know what my baby needs?

Keep your baby close by in the first days and weeks after they are born.

This will:

- Help you to get to know each other
- Make feeding cues easy to see
- Enable you to feed baby in a responsive way (see below)
- Help your baby feel safe and cared for

For successful breastfeeding you need to feed your baby in a responsive way. This means feeding them whenever they ask and for as long as they want at each feed. You will also find it is a great way to give comfort if your baby is upset or seems unsettled. You can also respond to your own needs, perhaps offering a breastfeed if your breasts feel a bit too full or if you are胀痛。

Feeding cues:

- Hands to mouth
- Licking lips
- Squeaking noises
- Rooting (moving mouth and head as if looking for a feed)
- Turning head
- Mouthing
- Light fussing

Your baby needs you to respond to their feeding cues. Whenever you feed your baby, hold them close and give them eye contact.

For successful breastfeeding, you need to feed your baby whenever they ask and for as long as they want at each feed.

If you’re not breastfeeding, it’s still important to feed your baby whenever they ask, and remember this should be little and often. Giving large volumes of formula milk will stretch baby’s stomach and may cause vomiting.

Your new baby - Milk for your baby at birth

Your baby has a tiny stomach, about the size of a marble. This is because the first milk that mum makes (colostrum) comes in very small quantities and the baby needs to take small and frequent feeds. The amount the baby takes at each feed gradually increases over the first few days. Colostrum is thick and concentrated and may be clear, white, yellow, green or red in colour! These colours are normal and colostrum contains precious antibodies to protect baby from infections. Colostrum has a strong laxative effect which the baby needs to clear its gut of sticky meconium poo.

Your baby’s digestive system is made to process breastmilk, so giving no breastmilk at all may lead to health problems. Even if you don’t want to fully breastfeed, any breastfeeds or breastmilk that you give are still really worthwhile – keep giving this for as long as you want to!
Breastfeeding Positions

There are several ways to hold a baby to breastfeed, and we hope you find this guide to them useful - but it is important to note that all of them have things in common:

✓ The position must be comfortable for you to stay in throughout the feed.
✓ The baby needs to be held close to your body, facing your breast.
✓ The baby’s head, neck and body all need to be in a straight line (head and neck not twisted)
✓ The baby’s nose should be opposite your nipple at the start
✓ The baby’s head must be free to tilt backwards as he is brought into the breast.

If you are in a chair or sitting up in bed, you will probably find it more comfortable to lean back onto pillows or cushions, so that your back is well-supported. This means that your baby can use your soft post-birth tummy as a built-in pillow to rest on while they feed!

**Cradle**

The position most mums use instinctively

Your hand needs to be supporting your baby’s shoulders and make sure he is free to tilt his head back out over your wrist.

“I love using the cradle hold so that you can cuddle up, they don’t stay cuddly for long - make the most of it!”
Karen, mum of Joel

**Cross Cradle**

✓ Useful when you are just learning

1. Use your fingers under the baby’s neck, so the weight of her head is supported, but make sure her head is free to tilt back between your thumb and finger.
2. The palm of your hand supports your baby’s shoulders and you can press on her shoulders to bring her into the breast when ready.
3. Your forearm can tuck the rest of the baby’s body close to you while she feeds.

“It took me a bit of practice, but we got better and better at it and now it’s easy. She just snuggles into my tummy and away we go!”
Liz, mum of Jo
Underarm

1. The baby is usually held on a pillow, just under breast height, turned slightly towards you.
2. It is very important that the baby is held very close to your side but is not able to touch anything (eg the back of your chair or your cushions) with her feet, otherwise she will push with her legs and will come too far forward.
3. Support your baby’s neck and the weight of her head in the same way as in the cross cradle hold - so her head is free to tilt back.
4. When the baby feels your nipple against her nose, her head will be free to tip back between your finger and thumb as you press her shoulders in towards your breast.

Useful if you have:
- A small or pre-term baby
- A Caesarean section
- Large breasts or inverted nipples

Lying Down

Useful if you have:
- Painful stitches or haemorrhoids
- A Caesarean section.
- Also helpful if you are tired and need to feed and rest, but make sure it is safe for your baby if you were to fall asleep while feeding.

1. You need to lie on your side with your head on the pillows and your shoulders on the mattress.
2. Bend your legs slightly but not enough for the baby’s legs to touch your thighs.
3. The baby should be on his side facing towards you with his nose opposite your nipple. Make sure none of your arm is pressing on the back or top of his head. His head must be free to tilt back.
4. You need to press on the baby’s shoulders with your upper hand (or sometimes the fingertips of your lower hand) to bring him to the breast when he is ready.

The “Laid Back” Approach

Another way to enable baby to access the breast is to place baby on your body and allow her to self attach. You need to be reclining so that baby feels secure. You may need to support baby and/or your breast.

Positioning you and your baby in this way can help to gently encourage skin to skin and body contact, and to enjoy closeness without either feeling any pressure to ‘get on with’ feeding. Instead, this position encourages your baby to use natural reflex behaviour to help him/her find the breast and feed effectively when ready. Enjoying time together in this way helps you and baby to have eye contact while feeding and for both of you to relax and make the most of these special times. NB: also known as Biological Nurturing, see www.biologynurturing.com for more information.
Good Attachment

Good attachment really is the key to successful breastfeeding. Use this guide to get it right from the start, but if you find you are still struggling - ask for help!

Before you start - Make sure baby’s head, neck and body are in a straight line - a baby cannot suckle or swallow easily if the neck is twisted. Good attachment is difficult for a baby to maintain if his body is twisted at the waist. The baby should be held so that the back of his shoulders is supported, and his head is free to tilt back. Please see Page 8/9 for tips on positioning baby so that he can attach effectively to the breast. If you are at all unsure about the attachment of your baby, seek help from your midwife, health visitor or maternity support worker. You can also visit your local support group. Someone observing how your baby feeds can really help to get it right.

1. The baby should face the breast with nose to nipple - this allows the baby to tilt his head back so that the nipple is aimed at the roof of the mouth

2. When baby gapes wide open, press on the back of his shoulders to bring him in quickly - and you will need to move quickly!

3. Chin and tongue leading, head tilted back, the nipple goes into the back of roof of mouth as baby is brought towards the breast.

4. Attachment shouldn’t be painful, baby should keep suckling and should let go on his own at the end of the feed. The nipple should look the same shape as before the feed.

To see more examples of good attachment, see the ‘Breastfeeding, by Mums, for Mums’ DVD - available from www.realbabymilk.org
How do I know if my baby is attached properly?

- Your baby should have a large mouthful of breast
- Your baby's chin should be pressed into the breast
- Your baby's cheeks should be full and rounded
- If any areola is visible, there should be more above the top lip than below the bottom lip
- Your baby's suckling pattern should change from rapid sucks to slow rhythmic suckling, and swallowing may be heard.
- Your baby may pause from time to time, and will start suckling again without coming off or having to reattach.
- Your baby should be relaxed and contented throughout the feed and should come off your breast on his own when he is finished.

- Your nipple should look the same shape as when the feed started
- The feed should be pain-free and comfortable for you, although the first few sucks may feel quite strong.
- Initial attachment may hurt for 10-20 seconds if your nipple is already damaged but the rest of the feed should be pain-free.

If you are not sure, don’t hesitate to ask for help. I found it a bit difficult at the beginning, but now feeding is completely comfortable. I love watching my baby feeding - I can almost see her growing!

Mary, mum of Fiona

How can I make sure breastfeeding goes well?

- Feed baby at least eight times in every 24hrs
- Feed baby at least once every night – night-time breastfeeds make more milk!
- Offer both breasts at each feed
- Watch your baby's suckling pattern – you should see deep slow rhythmical sucks and swallowing, with short pauses, throughout the feed
- Keep baby stimulated and active at breast, by talking, eye contact, stroking her hair etc
- If you think your baby is not feeding effectively, ask for help from your midwife or health visiting team. In the meantime, keep breastfeeding and it may be helpful to express and give your baby the expressed milk as well

Even if you do give your baby some formula, for whatever reason, don’t stop breastfeeding/expressing! Ask for help and keep going with mixed feeding while you are working on the problem. See page 12 for information about how to tell whether feeding is going well by looking at your baby's wet and dirty nappies!
How can I tell my baby is getting enough milk?

Look at your baby’s nappies! It can be a little surprising to see the variety of colour changes in a baby’s nappies over the first week, but wet and dirty nappies are a really important guide to help you understand that your baby is getting enough milk. You change your baby’s nappy many times each day - you need to be confident about what the nappies are telling you!

Day 1-2: The meconium nappies.

Your baby’s first poos (meconium) will be black/dark green or brown/black and very sticky. Babies are born with this already in their bowel and colostrum is very laxative and helps them poo is out! Baby will also be having 2 or more wees a day.

Days 3-4: Wetter nappies and greener poos

Nappies at this stage are known as “changing stools”, the poo will be turning a more green colour and this is a sign that your baby is taking in more milk and digesting it. A baby of this age should have at least 2 poos a day. Remember, it is NOT normal for a baby this age to go 24hrs or more without a poo – this is almost always a sign that they are not getting enough milk, so please tell your midwife and ask for help with feeding. Baby will also be having three or more wees a day and wet nappies will feel heavier.

Days 5-6: Yellow poos

Your baby has cleared all the meconium (see day 1-2) from his/her bowels and all babies of this age should be having at least 2 yellow, soft/runny poos, each of a size to cover a £2 coin, per day. This is a minimum - many babies will poo far more than this! This is nothing to worry about and is a good sign that the baby is getting plenty of breastmilk. Your baby should also be having at least 6 heavy wet nappies per day. Your baby will be weighed around day 5 and most babies lose a little weight, well under 10% of their birth weight, which they usually regain by 10-14 days as your milk supply and your feeding confidence become established.

Older breastfed baby “mustard” poos

As your baby gets older, the poos get yellower and are sometimes described as resembling mustard. They should stay soft or runny, and may look “seedy”, this is fine and perfectly normal. Until the baby is at least 4 weeks old, you should continue to see at least 2 poos a day as described above. After this, some exclusively breastfed babies may go several days between poos. This is normal as long as the baby is feeding enthusiastically, having plenty of wet nappies and gaining weight.

“I was amazed there was so much poo! But I knew it meant he was getting lots of milk and growing handsomely.”

Gavin, dad of Edward & Dominic

Top tip: It is sometimes difficult to tell how wet a disposable nappy is due to it feeling dry. A wet disposable nappy generally feels heavier than when it is new and if you are really unsure try pouring three tablespoons of water into a new nappy to see what difference it makes.
The safest place for your baby to sleep at night is in a cot or a crib beside your bed for the first six months.

Your baby needs you to care for them at night. It is normal and beneficial for young babies to wake for feeding and attention during the night.

Night time breastfeeds are especially important for your milk supply.

You can make night time feeds easier by:
- sleeping your baby in the same room as you for at least the first six months
- learning to breastfeed lying down

Reduce the risk of cot death
Place your baby on their back to sleep, in a cot in a room with you

- Do not smoke in pregnancy or let anyone smoke in the same room as your baby
- Do not share a bed with your baby if you have been drinking alcohol, if you take drugs or if you are a smoker
- Never sleep with your baby on a sofa or armchair
- Do not let your baby get too hot.
- Keep your baby’s head uncovered
- Place your baby in the “feet to foot” position

“Night time feeds can be really lovely, just me and my baby, warm, snuggly and safe”
Catherine, mum of Dominic

“Support from my partner helped me survive the long nights! Encouraging words, a warm drink, a back rub - these helped us through”
Joanne, mum of Abby
Sharing a bed with your baby

The safest place for your baby to sleep at night is in a cot or a crib beside your bed for the first six months.

Bringing your baby into your bed means that you can breastfeed in comfort. However, it is easy to fall asleep while breastfeeding, so there are important points to consider before taking your baby into bed with you.

Bed sharing is not appropriate if you or your partner:

- are smokers (no matter where or when you smoke and even if you never smoke in bed)
- have recently drunk alcohol
- have taken medication or drugs that make you sleep more heavily
- feel very tired
- formula feed your baby
- share the bed with older children or pets

NEVER sleep with your baby on a sofa or armchair

“We didn’t plan to bring the baby into our bed, but when he wouldn’t settle anywhere else, it was very helpful to have information about how to make it as safe as possible.”

Sue, mum of Seb

If you decide to share a bed with your baby:

- The mattress on which you sleep should be reasonably firm
- Keep your baby away from the pillows
- Make sure your baby cannot fall out of bed or become trapped between the mattress and wall
- Make sure your baby cannot get tangled in blind cords, dressing gown belt etc
- Make sure the bedclothes cannot cover your baby’s face or head
- Don’t leave your baby alone in the bed, as even very young babies can wriggle into a dangerous position
- It is not safe to bed share in the early months if your baby was born very small or pre-term
What is so special about breastmilk?

Breastmilk is made by every mum for her particular baby or babies. It is a unique living fluid, full of antibodies to help fight infections, and it keeps changing to meet the needs of your growing, changing baby!

Colostrum is the first milk, made during pregnancy and ready at birth (see also page 7). It is adapted to be just right for your new baby, and is especially valuable if the baby is born early or ill. It is possible to express colostrum in the late stage of pregnancy. This can then be stored and given to your baby if they need extra milk after they are born. This is particularly useful if you anticipate problems with feeding the baby due to conditions such as cleft lip and palate, or if you have diabetes. Ask your midwife if you think this may help you and your baby.

What happens next for you and your baby?

**Day 2/3**  Baby feeds keenly and appears very hungry. Baby is sending signals to mum's breasts to make more milk. Mum may think that she hasn't made enough milk for her baby. In fact there is no need to panic – as long as baby is fed when and for as long as he wants, the right amount of milk will be made. Giving formula milk will interfere with this process and less breastmilk will be made.

**Day 3 / 4**  Mum's milk starts to 'come in', her breasts often feel heavy and there is also a hormone surge at this stage. Mums can often feel highly emotional and may associate this with breastfeeding. This is all normal and begins to settle down within 24-48 hours. If mum continues to feed the baby whenever he asks, for as long as he wants, her body will know how much milk is needed.

**Day 5**  Baby may lose a little weight - this is very normal for all babies, provided that the weight loss is less than 10% of baby's birth weight. If the weight loss is close to or greater than 10%, your midwife will discuss this with you and help you make a plan to increase the effectiveness of feeding. Either way it's important that baby continues to feed on demand (at least 8 times in 24hrs), so mum's breasts make plenty of milk and baby soon regains the weight.

**Around weeks 3, 5/6 & 12**  Baby has a feeding frenzy, also known as a growth spurt, which may last a few days. This is normal and is the baby's way of telling mum's body that he is growing and developing and needs mum to make more milk. Mum may worry that she is not making enough milk and be tempted to give formula. However, giving formula will interfere with the 'supply and demand' process and may reduce mum's breastmilk supply. If mum continues to follow baby's feeding cues, feeding as often and for as long at the breast as baby requires, she will make the right amount of breastmilk to meet baby's changing needs.
How can I increase my breastmilk supply?

Firstly, think about whether or not you need to increase your supply! Mums often worry about this needlessly. (see page 20) There is no set amount of breastmilk that your baby needs at any stage of development. Breastmilk intake varies, and changes according to your baby’s changing needs.

If there really is an issue with the amount of milk you are making, there are some simple self-help measures you can take, while you also seek some help from a health professional or a local breastfeeding group.

- Ensure your baby is attached at the breast as well as possible
- Feed your baby at least 8 times in every 24hrs, including at least once at night
- Offer both breasts at every feed
- Make sure your breasts are as soft and empty as possible after each feed
- If you feel there is still plenty of milk in your breasts after feeds, for example in the mornings, you could express to stimulate more milk to be made. Any expressed milk could be given to your baby as well as breastfeeds, or could be stored for future use (see page 17)
- Remember you can’t increase your supply by eating or drinking more, or by eating special foods! Breastmilk is made on a supply and demand system, it needs to be effectively taken by your baby or by expressing in order to increase supply

What about “foremilk and hindmilk”?

For all mums, breastmilk production changes throughout each feed. At the start of a feed, there is a large volume of milk, flowing quickly, and there are lots of carbohydrates and proteins in the milk, but relatively less fat, the so-called ‘foremilk’. This is very valuable and essential for your baby. As the feed goes on, the volume of the milk slowly decreases but the fat content increases, so it becomes thick and rich, the so-called ‘hindmilk’. This small volume of rich fatty milk is also very important, helping your baby feel full and satisfied.

Breastmilk production also varies throughout the day and night. Night-time breastfeeds make more milk, so in the morning, your breasts feel full, and when your baby feeds, he gets a large volume of milk. As the day goes on, smaller volumes of milk are made. Most babies feed much more often in the evenings, ‘cluster feeding’, getting small volumes of rich fatty milk each time and finally settling to sleep, so that the whole cycle can start again when you go to sleep too.
Hand Expressing

Why express by hand?

- It can be used to help the baby attach to the breast
- It can help to prevent or relieve engorgement
- It is particularly useful for milk in very small quantities, e.g. colostrum
- It can be used to help clear blocked ducts
- It can be more effective than a pump
- It's free - no equipment needed!

Storing expressed breastmilk

Breastmilk should be expressed into a sterile container if the baby is under 6 months old.

For healthy term babies it can be stored at:

- Room temperature for up to 6 hours
- At the back of the fridge (not the door) for 5 days at 4° or lower
- In the freezer at -18° for up to 6 months
- For pre-term or vulnerable babies, check with your local Neonatal Unit for guidance as storage is likely to be more cautious.

1. Roll your nipple between your finger and thumb to make it stand out. Make a C-shape with your thumb and either your index or middle finger, and cup your breast.

Feel back from the end of the nipple to where the breast tissue feels different, about 2-3cm from the nipple, as shown in Fig.1. You may feel a change in the breast tissue at this point, sometimes it feels ‘knobbly’, sometimes slightly firmer. You are now touching the skin above the dense, milk-making tissue. This is where you should place your finger and thumb to express your Breastmilk.

2. Holding your finger and thumb in this C-shape, press back towards your rib cage, as in Fig.2.

This brings your finger and thumb back into the dense, milk-making tissue, away from the ducts near the nipple.

3. Bring your finger and thumb together, so that they press into the milk-making tissue, and milk will begin to appear in droplets, as shown in Fig.3.

Use a sterile cup or bowl to collect it, and try to build up a rhythm. Try not to slide your fingers over the skin, as this will hurt and it will be more difficult to express milk. When the flow slows down, move your finger and thumb around the breast or express from the other side, and you can keep changing breasts until the milk slows or stops.

Practice makes perfect!

If you are doing this when your milk supply is not yet established, you may need to repeat these 3 actions a few times to get the colostrum to flow and you may get 1-10mls (up to 2 teaspoons full). You can keep moving your finger and thumb around or use the other hand to take milk from all around the breast, but the technique should remain the same each time. If your milk supply is established, the milk may spray out in several different directions.

If you are not able to breastfeed your baby directly, you need to start expressing as soon as possible after the birth, preferably within 6 hours. Keep doing it at least 8 times in every 24 hours, including at least once at night, until baby is feeding properly.

'Expressing Breastmilk by Hand' DVD available at www.realbabymilk.org
What if I want to give some formula milk to my breastfed baby?

Most babies don’t need anything other than breastmilk for about the first six months and this gives them the healthiest start. If you’re thinking of giving some formula milk to your breastfed baby, talk to a health professional or voluntary breastfeeding supporter and read our guidance first.

It’s not all or nothing! If you do decide to give some formula milk, don’t feel you have to stop breastfeeding or giving breastmilk.

If you do decide to give some formula milk, try not to offer a ‘top up’ after every feed. It is easier to maintain your breastmilk supply if you give small amounts of formula (30 – 60mls) after just one or two breastfeeds in every twenty four hours.

You can always change your mind! If you start giving some formula milk and then decide you want to increase the amount of breastmilk you give or even go back to exclusive breastfeeding, ask for support from your Midwifery or Health Visiting team or a volunteer breastfeeding supporter.

Read our guidance on increasing breastmilk supply (p16) and how to tell how much breastmilk baby is taking (p12) – this will help you to be aware of how much breastmilk you are making for baby and when you can reduce the amount of formula milk you give if this is what you want to do.

You could try techniques such as compression or switching (see www.breastfeedinginc.ca for a dvd clip) to make sure your baby takes as much breastmilk as possible at each feed.

Remember if you are giving any formula milk to your baby, you need to take care to do this as safely as possible or your baby may become ill. See page 19 for more information.

Thinking of stopping breastfeeding?

Mums think about stopping breastfeeding for lots of reasons. These may include not being able to attach baby to the breast, pain and soreness and a feeling of not having enough milk.

If you are thinking of stopping breastfeeding for these or any other reasons, please read through this Guide and also ask for help from your Midwifery or Health Visiting teams or from a volunteer peer supporter. 90% of mums who stop breastfeeding in the first six weeks say that they wish they had continued and most issues with breastfeeding can be resolved with the right help and support.

If you do decide to stop breastfeeding, it’s important to ALWAYS do this gradually. Stopping suddenly will lead to painfully engorged breasts and this could make you ill.

Try dropping one feed or expressing per day and be prepared to hand express to keep your breasts soft if necessary. This will ‘tail off’ the milk supply so you both have time to adjust.

Slow reduction of your breastmilk supply means that you will also have time to change your mind! Remember, if your baby is under one year, you will need to give infant formula to replace the breast feeds that you drop.
All babies have needs for comfort, closeness and food, and responding to these needs makes babies feel safe, loved and secure. Keep your baby close and enjoy spending time with her. Talk and sing to her, and take time to pause and listen for her to copy you and respond to you. Hold her in skin contact, try carrying her in a sling and don’t leave her to cry. Responding to her needs in this way will help her grow into a secure, confident toddler and child, ready to cope with temporary separation from you eg when she goes to nursery or when you go to work, and ready to keep learning and growing!

What if I’m not breastfeeding?

If your baby is fully bottle fed, it’s important to make the feeding as much like breastfeeding as possible as this will contribute positively to baby’s development.

• Feed your baby according to his cues, as often as he asks. Remember that little and often is entirely normal in the early days and weeks, rather than large feeds with long gaps between.
• Hold your baby close, let him tilt his head back so he can swallow easily, give him eye contact and talk to and smile at him while he feeds.
• Let your baby take the teat into his mouth when he is ready, don’t force it in.
• Let him take his time, stopping when he wants to, and wind him gently during and after the feed. He will want more at some feeds and less at others, just as you do.
• Feed times are very special for helping you get to know each other, so try to limit the number of people who feed your baby to just one or two people most of the time.
• Formula milk suitable from birth is appropriate for baby for the whole of his first year of life. All newborn formula milk is virtually the same, by law, so you can choose the least expensive or whatever you can buy most easily in your local shops rather than being swayed by advertising. There is no need for you to use ‘hungry baby’ or ‘follow on’ milk. Some babies need specialised formula for medical needs, but these will be prescribed by your GP or paediatrician.
• Make sure you are confident with your sterilising equipment. All feeding equipment needs to be washed with warm soapy water, rinsed thoroughly and sterilised before each use.

Feeding your baby with formula increases the risk of illnesses like vomiting and diarrhoea so it is especially important that you prepare feeds as safely as possible. Your midwife or health visitor should discuss safe preparation of formula and feeding techniques with you, including a practical demonstration if you would like this, and will give you written information about this. Also see www.nhs.uk for written and video guidance.
Physical Challenges

There are very few challenges which should cause you to stop feeding. With the right help and information, most challenges are temporary hitches. This page has some tips and our website has even more - www.realbabymilk.org

Not enough milk?

• First, check your positioning and attachment at the breast with a professional or at a support group. A poorly-attached baby can sometimes limit the milk flow.
• How often are you feeding your baby? Feeding your baby as often as they ask is the very best way to ensure that your body knows how much milk to make. Your baby should be asking to feed at least 8 times in every 24 hours, including at least once at night. See also page 16.

Blocked Ducts / Mastitis

Symptoms of mastitis are usually redness and tenderness of the breast, flu-like feelings (fever, shivers). Again these are often caused by poor attachment which doesn’t allow the milk to flow freely and can cause blockages.

If this occurs try:
• Feeding baby as often as possible, if too sore then express. It is important to keep the milk flowing.
• Ibuprofen to help reduce swelling.
• Paracetamol to reduce high temperature.
• Hot shower/bath/flannels to help milk flow
• Cabbage leaves to relieve pain and throbbing. If all the above are not working within 24 hours, then antibiotics may be needed, maybe sooner if the nipple is damaged. Try to look after yourself as much as possible during recovery; relax, rest and eat well.

Anxious about milk supply?

• Are baby’s wet and dirty nappies as expected for his age? See page 12.
• Can you hear baby gulping and swallowing?
• Do you feel full before a feed, softer afterwards?
• Is baby settling between feeds?
• Is baby gaining weight?

It is common to feel anxious because you can’t actually see how much milk is being made. If your answer to all five is yes, then rest assured your baby is getting enough milk. If not, seek support.

Full Breasts - Difficult to attach

• Try expressing some milk before attaching baby, to relieve the pressure.
• Try different positions
• Keep feeding on demand so breasts do not become so full between feeds
• Is your baby sleeping too long between feeds? Try waking baby to feed at shorter intervals.

Too much milk?

• Milk supply usually tailors itself to baby’s needs within 6-8 weeks
• Try leaning back once baby is attached so milk comes out slower
• Try feeding from the same side at two consecutive feeds. Fullness on the other side will help your milk supply to decrease - watch out for mastitis though.
• Expressing extra milk for the freezer may help but be careful not to overdo it as you can end up making even more milk.

Cracked / Sore Nipples

Cracked and sore nipples are nearly always caused by the baby being wrongly attached at the breast. Try to get to a support group or ask a health professional to look at how your baby attaches and feeds. If your nipples are chapped, try applying a little breastmilk to keep them moisturised. If your nipples are too painful to feed, try expressing for 12-24 hours to rest them and try again with help to get the positioning and attachment right. NB: Blood might sometimes pass into the milk, this is not at all harmful to your baby and is not a reason to stop.
Ten minutes on each side
The latest advice is to feed as often and for as long as your baby wants, responding to baby’s needs for milk and the needs of both of you for comfort and closeness, and to allow your baby to finish feeding on one side and then offer the other.

You don’t have enough milk!
Often growth spurts are seen as signs of insufficient milk supply. At key stages a suddenly hungry baby is actually letting mum know it’s time to make more milk. If mum feeds on demand through this and avoids artificially “topping up” then her supply will respond.

Big babies need top-ups
If a baby is allowed to feed as frequently and for as long as they want then the mother will make as much milk as is needed. Artificial “top-up” feeds can and will interfere with this natural process.

Mastitis means stop feeding
It used to be thought that having mastitis meant you must stop feeding from the affected breast. It has since been found that a mastitis-affected breast should be fed from as often as possible to allow the milk to flow and for the best chance of shifting the inflammation. In fact, if a breast with mastitis isn’t fed from then the mastitis will more than likely get worse. See page 16 for more about mastitis.

Breastfeeding an older baby or child is pointless and wrong
The health effects of breastfeeding don’t disappear when a baby gets older, they continue, for mum and baby for as long as the breastfeeding continues. It is not possible to force a baby or child to breastfeed and continuing to breastfeed for as long as mum and baby wish is a perfectly natural and normal aspect of parenting. See ’Breastfeeding in special circumstances,’ page 21.

You can’t breastfeed more than one baby
It is perfectly possible to breastfeed more than one baby, either multiples (twins or more) or baby and an older child (tandem feeding). There are lots of health and practical reasons why this may be a good idea. See ’Breastfeeding in special circumstances,’ page 21.
Special Circumstances

Breastfeeding after a caesarean
Skin to skin in theatre is a great way to greet your baby and calm you both after the stress of the Caesarean birth. The baby can be dried and laid across your chest and covered, and may feed in theatre or in the recovery room.

Use positions that avoid your scar. Laid-back breastfeeding with baby lying across your chest above your tummy can be comfortable, and feeding in the underarm position when you sit out in an armchair can also work well.

Don’t be afraid to ask for and take the pain relief you need, it is very difficult to breastfeed effectively if you are tense and in pain.

Breastfeeding a pre-term or ill baby
Breastfeeding is extra-important if your baby is born pre-term or is ill. Such a baby is particularly vulnerable to infections and needs the milk which is specifically designed for a human baby, whatever stage of development they are at. If your baby is not able to breastfeed directly, you need to express your milk at least 8 times in every 24 hr period including once at night, until your baby is mature enough or well enough to be taking effective breastfeeds. You may need to give supplements or medicines as well as breastmilk, but in all but a few very unusual illnesses, your milk is the best thing for your baby to help him grow or recover.

Breastfeeding twins or other multiples
Breastfeeding twins or other multiples (triplets or more) is challenging but also very important in keeping the babies healthy and providing opportunities to bond with each baby. It is extra important if the babies are premature, very small or need special care for any reason. As with any baby, it is important to get a breastmilk supply established, preferably by feeding the babies at the breast soon after birth and at least 8 times each in every 24 hours or expressing milk at least this often if any baby is unable to feed directly at the breast. It is very useful to have help in positioning the babies in the early days so as to be able to feed two simultaneously and save time on feeding.

Breastfeeding while pregnant
If you are breastfeeding when you become pregnant with another baby, it is absolutely fine to continue to breastfeed the older child throughout your pregnancy for all but a very few women.

It may help you to keep your toddler calm and contented when you feel tired or unwell, and your toddler will continue to benefit from your milk and from the comfort and closeness he gets from breastfeeding. Many toddlers wean themselves off breastfeeding while mum is pregnant, because the milk supply does decrease, but some toddlers and some mums like to continue throughout the pregnancy, right up to the birth of the new baby. When breastfeeding of an older child continues following the birth of a new baby, it is important to ensure that the new baby is fed first and is fed according to their demands.

Breastfeeding older babies or children
Mothers who breastfeed older children may choose to do this for a variety of reasons. Continued breastfeeding may bring health benefits for babies. Breastmilk continues to contain antibodies from the mother’s mature immune system and this may help protect older babies and children from common infections such as colds and stomach upsets.

Breastmilk also continues to provide a valuable food source for older babies – milk is an important part of the diet for young children and the milk of their own mother is specific to human children’s needs.

Read more on www.realbabymilk.org
Baby & the family

There are lots of ways for family members to help care for and become close to your baby

**Bath Time**
Most babies love bath time and it can be a good opportunity to make eye contact and to have fun with baby. It also helps to build confidence in handling baby.

**Skin to Skin**
This is a very calming, soothing way to be close to your baby and a great way to build your special relationship. Also an excellent way to calm an unsettled baby.

**Talking to your baby**
Babies as young as a few hours old love to see a friendly, smiling face. They also copy and mimic your facial expressions such as sticking out your tongue and cooing. Talking to your baby helps stimulate their face muscles and encourages speech development.

**Relaxing with siblings**
Just letting your older children relax with the new baby helps siblings bond and enjoy each others’ company.

**Changing baby’s nappy**
This is a chance to get down to baby level and have some eye contact with baby, and of course, you’ll see just how much breastmilk baby must be getting!

realbabymilk.org  facebook.com/realbabymilk
Introducing solid foods

Introducing your baby to foods other than breastmilk (or formula) is an exciting new stage of development.

Lots of parents look forward to it, but some may worry about getting it right and continuing to help their baby to be as happy and healthy as possible. Read our top tips for the latest advice to follow so you can relax and enjoy it!

The best time to start solid foods is around six months. Most babies don’t need any food other than breast milk (or formula) until then and waiting until about six months gives baby’s digestive system time to develop so it can cope with other foods.

Signs that baby is ready for solid foods

• Baby can sit with minimal support and hold her head steady
• Baby can co-ordinate eyes, hands and mouth, reaching out to pick up food, and bringing it to her mouth
• Baby can take food into her mouth, move it around and chew and swallow it safely. Before six months babies push food back out of their mouths because they cannot swallow it safely.

Signs that may be mistaken for readiness for solid foods

• Babies love to watch you and to try and copy. Watching you eat is an important stage of development, but before six months it is not a sign of readiness for food.
• Night waking or frequent feeding may lead you to think that baby needs more than milk. Before six months, these are signs that your baby needs milk more frequently and giving solid foods instead won’t help your baby to sleep or to go longer between feeds.

Safety -

• Always supervise baby when taking solid foods.
• Avoid obvious choking hazards such as cherry tomatoes or whole grapes.
• Cool hot foods and test them yourself before offering to baby.
• Don’t force food into baby’s mouth, this increases the risk of choking and is frightening for baby.

First foods

Try mashed carrot, parsnip or sweet potato. When you’ve tried a few things, you could make some combinations or add some cooked and mashed meat, chicken or fish.

Some parents prefer to let the baby feed themselves right from the start (sometimes called baby led weaning). If you want to try this, offer foods that baby can pick up and eat, such as steamed broccoli florets or carrot sticks or pieces of apple or melon. Again, when you’ve tried a few things, offer them in combination or add some strips of cooked chicken or meat.

Jars and packets of processed baby foods can be handy, but the best food for your baby is food that you prepare (and eat!) yourself. Eating together and showing your baby that you enjoy a wide variety of healthy foods helps baby to stay healthy and happy as part of your family.

You can find out more at www.nhs.uk

Remember you may be eligible for free vitamins and help with the cost of food until your baby’s 4th birthday. Ask your health visitor about the Healthy Start scheme.
Returning to work or study

Going back to work or study doesn’t mean you have to stop giving your baby breastmilk. Follow our guide to help you and your baby continue to benefit from breastfeeding.

Talk to your employer or tutor before you go back to work or study. The law says that they have to support you to stay healthy and to keep your baby healthy. Being positive about continuing to breastfeed will help your employer to have happy, healthy, productive workers, so it’s in their interest too!

You can express milk for your baby to drink while you are away from them. This doesn’t need to take more than twenty minutes at a time and you just need somewhere comfortable and private to express — not the loo! You could use any private space in your workplace or even express in your car with blinds on the windows. Or your baby may be cared for near to your workplace, enabling you to go and feed them during breaks or for them to be brought to you for breastfeeds.

“Fitting in expressing at work was much easier than I thought it would be. It doesn’t take long and it’s really worthwhile”

Sasha, mum of Zac

If you decide not to express while you are away from your baby, you may need (according to your baby’s age) to leave some formula milk to feed baby with. This doesn’t mean you need to stop breastfeeding altogether. Your milk supply will adjust, allowing you to breastfeed baby before and after work/study and on days off. This can be a lovely way of keeping a special relationship with your baby.

Whenever you are reducing the number of breastfeeds/expressing in a day, remember to guard against your breasts becoming painfully engorged. Make sure that you know how to hand express (see page 17) so that you can remove a little milk to keep your breasts soft and comfortable.

Expressed milk can be stored in a cool bag with ice packs (or a fridge if available) and then taken home to be stored in your fridge or freezer or in your child care setting. See page 17 for storage details.

Practice giving baby your expressed milk before you have to leave them. Depending on the age and willingness of your baby you may not have to use a bottle at all. You could try a free flow cup with a lid and soft spout, a cup without a lid, a spoon or try mixing your milk with solid foods if baby is over six months.
**Cowes Children’s Centre**
(Love Lane, Cowes, PO31 7ET, 01983 291719)

**Stay and Play for babies 6-12 months**
Mon 10:30-12:00

**Stay and Play for babies 0-6 months**
Mon 13:00-14:30

**Breastfeeding Support Group**
Mon 13:00-14:30. Breastfeeding counsellor

**Health visitors clinic**
Mon 13:00-14:30 Health visitors

**Access to breastfeeding trained support**
Daily Children Centre Staff*

**Breastfeeding Peer Support**
Daily Peer support staff

**East Cowes Children’s Centre**
(Beatrice Avenue, East Cowes IW PO326PA 01983 294701)

**Stay and Play**
Wed 13:00-15:00

**Health Visitor clinic**
Wed 13:00-16:00

**Health visitors Antenatal/postnatal discharges**
Tues 11:00-16:00

**Antenatal/postnatal discharges**
Fri 11:00-16:00

**Baby café**
Fri 10:00-12:00

**Bumps, Babies and Carers**
Last Fri of Month 10:00-12:00 Jane Hawkins IBCLC (lactation consultant, midwife and breastfeeding counsellor)

**Access to breastfeeding trained support**
Daily Children Centre Staff*

**West Newport Children’s Centre**
(Wellington Road, Newport IW PO305QT Phone 537390)

**Baby Club**
Tues 14:45-15:15 Children Centre Staff*

**Health Visitor clinic**
Wed 09:30-12:00 Children Centre Staff*

**Health Visitor clinic**
Fri 09:15-11:15 Children Centre Staff*

**Access to breastfeeding trained support**
Daily 09:00-15:00 Children Centre Staff*

**Breastfeeding Group**
Fri 12:00-13:30 Jayne Hawkins IBCLC (lactation consultant, midwife and breastfeeding counsellor)

**Access to breastfeeding trained support**
Daily 09:00-15:00 Children Centre Staff*

**NICU face to face support group**
Every Mon in the family room 11:00-13:00 NICU nurses

**Stay and Play**
Wed 09:30-11:00 Health Visitor present, BFI trained staff

**The Directory**

If you need help and support, especially within the first ten days, contact your midwifery team on the numbers you were given on discharge or call the maternity unit on 534392.

At Baby Cafes and specific breast feeding groups you will find other mums breastfeeding their babies at these groups as well as trained peer breastfeeding supporters, breastfeeding counsellors and Jane Hawkins (Lactation Consultant, Midwife and Breastfeeding Counsellor) IBCLC is present at some of the groups too (see above).

Most Children Centres also offer a breast pump for loan service.

*Children Centre Staff are trained or in the process of being trained as part of the UNICEF Baby Friendly Initiative designed to support breastfeeding and parent infant relationships.
Support & Information

Local

Health Visitors

Ryde, St Helen’s & Bembridge 01983 613846
East Cowes and Wootton 01983 552535
Freshwater 01983 758998
Pyle Street 01983 522298
Carisbrooke 01983 526940
Medina Healthcare 01983 529803
Cowes 01983 293511
Shanklin, Brading & Sandown 01983 409202
Ventnor 01983 857607

National

National Breastfeeding Helpline 0300 100 0212

National Childbirth Trust (NCT) Helpline: 0300 330 0700
NCT have an excellent helpline with trained breastfeeding counsellors available and useful articles on their website

Association of Breastfeeding Mothers Helpline: 0300 100 0212
a charity that trains women in breastfeeding counselling. Their website holds lots of useful leaflets

The Breastfeeding Network (BfN) Helpline 9.30am - 9.30pm
The Breastfeeding Network aims to be an independent source of support and information for breastfeeding mothers

La Leche League (UK) Helpline: 0845 120 2918
La Leche are an international mother-to-mother support organisation.

Also worth a look...

www.babyfriendly.org.uk www.breastfeeding.co.uk
info.babymilkaction.org www.kellymom.com
www.breastfeedingmanifesto.org.uk

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www.twitter.com/realbabymilk

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Hints, tips and encouragement on public breastfeeding from mums

I found wearing a vest top or a belly band under another top useful for covering my mum tum!

A sling is good for holding lumps and hiding bumps!

I wore a pretty scarf to drape over me while feeding and a cardigan to shield the side. I just used to smile nicely if anyone looked at me and no one failed to smile back.

Being out with someone you know well and trust for first few times. Additional support and someone to giggle with if anything goes wrong. You can laugh about things with a friend that might seem overwhelming if you’re alone or in unsympathetic company.

Start off somewhere you feel comfortable or at a breastfeeding support group.

Definitely practice. I sat in front of a mirror, then you can see what others can see. And anyway, most people won’t even notice what you are doing.