

Guide to



Breastfeeding





Contents

- ❖ **The value of breastfeeding**
- ❖ **Responsive parenting:**
 - **Cluster feeds / Growth spurts**
- ❖ **How to tell your baby is getting enough milk**
- ❖ **Maximising Breast milk**

- ❖ **Responsive bottle feeding**

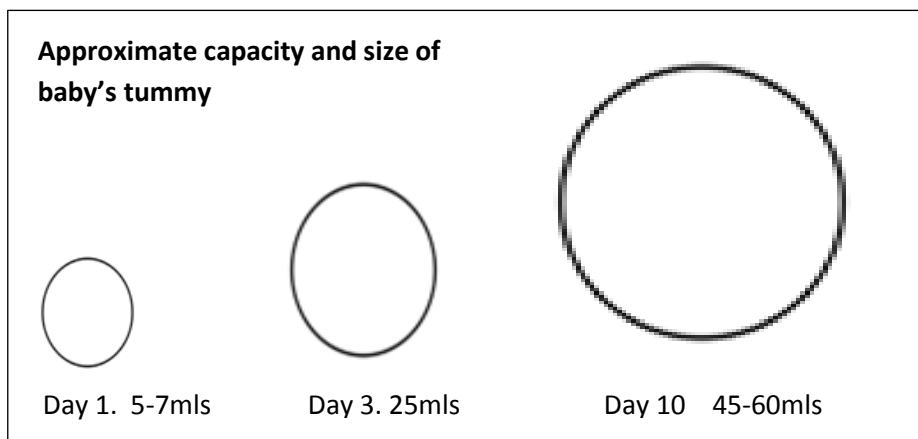
- ❖ **Hand expressing and storing expressed milk**

- ❖ **What happens if I give formula milk to a breastfed baby**
- ❖ **How dads and partners can help and support you to breastfeed**
- ❖ **Guidelines for using a dummy**
- ❖ **Introducing solid foods**
- ❖ **Tips and ideas to make breastfeeding easier when out and about**
- ❖ **Vitamin D & Healthy Start vitamins**
- ❖ **Breastfeeding Clubs**
- ❖ **Breastfeeding friendly places**
- ❖ **Useful websites**

The Value of Breastfeeding

Women's bodies are designed to produce milk and babies are designed to receive it.

Breast milk is perfectly made to give your baby everything they need. In the early days colostrum provides your baby with antibacterial fighting properties which help keep infections at bay. It is highly concentrated in a small volume as a baby's tummy can only take about 5 - 7 mls in the first couple of days.



As your baby grows, your breast milk changes to ensure your baby gets everything that is needed. Breastfed babies are less likely to suffer:

- Insulin dependant diabetes
- Eczema and asthma
- Some childhood cancers
- Obesity
- Heart disease in later life
- Chest infections and wheezing
- Ear and urine infections
- Sudden Infant Death Syndrome(also referred to as SIDS, Cot Death)

It also:

- Can help visual development
- Provides better mental (brain) development
- May reduce the development of Crohn's disease
- Promotes better mouth formation and straighter teeth
- Reduces blood pressure

For mums it helps to:

- Reduce the risk of breast cancer
- Reduce the risk of ovarian cancer
- Promote stronger bones in life
- Provide a faster return to pre-pregnancy figure

If you breastfeed your babies for a joint total of 2 years or more, it can reduce your risk of developing breast cancer by 8 %.

Breastfeeding is an instant soother if your baby is upset or needs comforting. It can also reduce the pain from immunisations.

We now know you can never over feed a breastfed infant.

Responsive Feeding

During pregnancy mums often start to develop a relationship/ connection/ bond with their baby. Once your baby is born, this can continue in a number of ways.

You may have started this with skin to skin contact following your baby's birth which will have enabled you to say hello to your baby. This normally stimulates milk producing and mothering hormones.

Skin to skin contact helps your baby feel calm and safe as they will be able to hear the familiar sound of your voice and heartbeat. This special time promotes the positive mother-baby relationship regardless of how a mother feeds her baby. It promotes the release of oxytocin, a hormone which has a calming, soothing effect on both you and your baby. Skin to skin contact is valuable at any time to help settle and calm a baby and it is also something your partner can enjoy with your baby. It can help you to get to know your baby and fulfil their need for love, comfort and food.

You can't spoil a baby by picking him up.

When a baby is hungry he will start to show signs called feeding cues, these are:

- Eye movement when waking
- Rooting
- Hands to mouth/sucking on fingers
- Wriggling
- Restless

If the feeding cues are not responded to in a calming manner babies will cry. It is not recommended to leave babies to cry for a long periods as this will increase their stress levels. When babies are picked up, cuddled and comforted they release a hormone called oxytocin which helps them to feel calm and safe. Oxytocin levels are high during breastfeeding, helping your baby's brain to grow by making nerve pathway connections, which are an important part of brain development. Do not worry you will not spoil your baby by picking him up. We now know you cannot spoil a baby by picking him up frequently.

At times a baby will want a breastfeed for comfort; this is okay to do as a breastfed baby cannot be overfed.

Responsive Feeding - Cluster feeds

Young babies feed for at least 8 times in 24 hours and vary the amount of time they spend at the breast. Some feeds can be short, some can be long; mums are encouraged to look how their baby feeds over a 24 hour period. A lot of babies tend to feed frequently in the evenings, this is often referred to as cluster feeds and this is normal. Many mums may not know this and may think their milk supply has reduced but this is not usually the case. Mums are encouraged to be responsive to their baby's cues for feeding and comfort.

Responsive Feeding - Growth Spurts

Sometimes, for a day or two, babies can seem to want a lot more frequent feeds than other times. Such times have been referred to as growth spurts. More frequent feeds at any time stimulate an increase in milk supply for future feeds to meet the needs of the baby. Mums are encouraged to respond to their baby's feeding cues and needs for comfort.

How to Tell Your Baby Is Getting Enough Milk

On the first day your baby can only take about 5 - 7 mls of milk per feed. This first milk is referred to as colostrum. The amount a baby takes increases gradually.

Here are a few tips to help you know your baby is getting enough milk during each feed:

Your baby needs to be attached well at the breast. Feeding should be comfortable and pain free. Your baby needs to be fed when he wants for as long as he wants. During breastfeeds there will be a rhythmic swallow pattern; this starts off as rapid sucks progressing to deeper sucks and swallows with some pauses. Towards the end of the feed you will notice some flutter type sucks with occasional deeper swallows where your baby is getting the last of the fattier milk so it is important you let your baby finish the feed.

Signs that your baby is getting enough milk include:

- Frequent, responsive feeding
- Baby is pooing and weeing (see next page for details)
- Baby settles on the breast and after feeds
- Baby is growing and gaining weight - his/her clothes are getting shorter or smaller
- Baby should be alert and responsive
- Baby looks well

More information can be found at:

www.bestbeginnings.org.uk

www.babyfriendlyinitiative.org

The Contents of Your Baby's Nappy is a Good Indicator Your Baby is Getting Enough Milk

Age of Infant	Frequency of urine output(wee's)/wet nappies in 24 hours	Number of bowel actions (poo's) in 24 hours
1 – 2 Days	2 or more (one table spoon each time)	1 or more black/dark green
3 – 4 Days	3 or more, heavier (2 table spoons each)	2 or more greener
5 – 6 Days	5 or more heavy (3 tablespoons)	2 or more soft yellow
7 Days and older	6 or more heavy nappies	A minimum of 2, soft and yellowy with the appearance of seeds, (larger than a 2 pound coin) Less than this suggests baby is not getting enough milk.
4 – 6 Weeks	6 or more heavy nappies	There is a wide range of normal, some babies poo every day but if baby is well, continues to gain weight, feeding remains normal, baby is alert, responsive and passing wind (trumping) he may not have a bowel action for several days (up to 10 days). It is then usually explosive. The same colour and consistency as 7 days and older.
6 Months/ following the introduction of solids	6 or more heavy nappies	When baby is on solid foods, stools are firmer, may change in colour with food particles present and have a stronger smell.

Maximising breast milk

At times some mums choose to introduce some formula milk through their own choice, without a clinical / medical need. Mums' are not always aware that this can impact on their milk supply as milk is made in response to the baby's feeding needs.

Mums' who introduce formula milk may gradually increase the of amount and then realize the baby is having a significant amount of formula feeds per day and this had not been their original plan. Also, mums then recognise making up the feeds is quite time consuming.

As a result some mums choose to increase the number of breastfeeds or return to full breastfeeding as it is possible to re- introduce breastfeeding.

Mums will be provided with practical support around gradually decreasing the amount of formula given, whilst increasing her own milk supply, as this will help to make the transition safely.

If, as a mum, your aim is to give some breast and some formula feeds we can make a plan with you to help achieve this.

The health visiting teams, the infant feeding team can provide support and guidance. Our aim is to support whatever decision you make.

Any amount of breast milk given to a baby is really valuable and as a breastfeeding mother you will be giving your baby a great start in life.

If you require information on formula milk please look at www.firststepsnutrition.org

Responsive bottle feeding.

The early days with your baby are a great time to get to know and develop a loving relationship. This can be done by keeping your baby close to you, enjoying skin contact and feeding your baby according to these tips. Babies will feel more secure if most feeds are given by mum and dad, especially in the early weeks, as this will really help you to bond with each other. Developing a positive relationship with your baby will help to release the mothering hormone, oxytocin, which increases your baby's brain development .

Keeping your baby close by you will be able to pick up on your baby's early feeding cues such as rooting, moving head around, sucking on fingers, becoming unsettled and wriggling. If these signs are not responded to your baby will cry. If a baby is left to cry it can then take time to settle him. So try to feed your baby before they start crying.

To feed your baby hold your baby in a semi-upright position so you can see their face and reassure them by looking into their eyes, smiling and talking with a calm and relaxed voice.

Start by rubbing the teat against your baby's upper lip to encourage him to open his mouth. Gently place the teat into your baby's mouth so he can draw it further back. Keep the bottle in a horizontal position, just slightly tipped, to prevent milk from flowing too fast. The teat should be full of milk to prevent sucking in too much air.

Follow your baby's cues for when he needs to take a break and gently remove the teat or bring the bottle downwards to cut off the flow of milk.

Your baby will know how much milk they need. Forcing your baby to finish a feed will be distressing and can result your baby is over fed.

Hand Expressing and Storing Expressed Milk

It is a new skill to learn and to start with you may find you do not obtain much milk. The amount of milk expressed can vary. Healthy term infants can usually obtain more milk when feeding at the breast than the amount of milk that can be expressed. It is normal for your very nutritious breast milk to look thin, watery or even a bluey colour. There are a few key points to follow which you may find helpful.

- Firmly but gently massage your breast and roll your nipple. This helps stimulate the hormones to release the milk - known as Let Down/ Oxytocin reflex.
- Cup the breast in your hand
- Feel for a change in texture which is approximately 2.5 cm from the base of the nipple
- Put your thumb above and finger underneath making a 'C' shape on the change of texture.
- Press and release with finger and thumb using rhythmic movement
- It may take a little while for milk to appear- if it doesn't, move your fingers back slightly. Milk will usually trickle and then spurt out and then reduces to a trickle again
- Move your fingers and thumb around the breast to express milk from the other milk ducts.
- Repeat on the other breast

You can view a video of hand expressing at:

www.unicef.org.uk/hand-expression

Storing your Breast milk

It is important to wash your hands before you start and to use a sterilised container to collect your milk. Your milk should also be stored in a sterilised container with a lid. Label the container stating that it contains breast milk, your name, date and time.

The Breastfeeding Network recommends the following

guidance:(www.breastfeedingnetwork.org.uk)

It is recommended to use a fridge thermometer so that your breast milk is kept at its best

Storage in the fridge: 5° to 10° use within three days

Storage in the fridge: Store at 0° to 4° and use within five days

Storage in the freezer compartment of a fridge: Up to 2 weeks

Storage in the freezer: Store at -18°C or lower and use within 6 months or 3 months if baby born prematurely

Once the baby has drunk from a bottle of expressed milk it should be used up within an hour or thrown away. To avoid wasting your expressed breastmilk it is best to offer the baby only a little at a time. You can do this by keeping most of it in one container, in the fridge, and using it to top up the baby's bottle a little at a time.

Defrosting your breast milk

It recommended to defrost breastmilk in the fridge and use within 12 hours of removing from the freezer. If your breastmilk is still frozen after this time, or you need to use it quickly, defrost under cool, then warm, running water and use immediately after drying the container. Shake gently to mix the creamy, separated particles together. If your milk is often frozen after 12 hours in the fridge, try to freeze in smaller quantities.

Further information on expressing is available from Health Visiting teams and Breastfeeding Clubs

What Happens If I Give Formula Milk To A Breastfed Baby?

If you are thinking of giving formula milk there may be other options for you depending on your reason. These may include expressing breast milk and giving this instead of formula, or getting support with feeding if you are experiencing a difficulty or support to breastfeed discreetly when out and about.

Breastfeeding works on a supply and demand basis. If this is interrupted with formula milk the breast may not produce enough milk for future feeds.

When a breastfed baby is given formula it changes the protective coating that the breast milk creates in the baby's gut. This can increase the risk of baby getting infections such as gastroenteritis.

Babies given formula milk may appear to be less satisfied with subsequent breastfeeds as formula milk is harder for the baby to digest and can stay in the baby's tummy for longer.

Sucking from a teat of a bottle is different to breastfeeding and this may make it harder for your baby to attach correctly to the breast.

Tip: Suck on the end of your finger then on your forearm to understand the difference between a breast and a teat.

Giving formula milk may increase the risk of your baby developing allergies such as asthma and eczema.

Your breasts can become full and uncomfortable (engorged) if the baby does not go to the breast frequently enough. This can make it painful and difficult to attach the baby to the breast.

How Partners Can Help and Support You to Breastfeed

Breastfeeding can take practice to learn how to get it right.

Sometimes partners can feel left out so it is important to talk to each other about how you feel.

A mum is more likely to choose to and to continue to breastfeed if her partner is positive and supportive about it. There are lots of ways for partners to help with breastfeeding. Try the following:

- Reassure your partner and praise and encourage her; if she believes she can breastfeed, she most likely will
- Be involved with the baby in other ways so that the caring is shared such as winding baby, changing nappies and bathing baby
- Help to reduce the household chores your partner has to do so that she can feed the baby for as long and as often as the baby needs
- Encourage your partner to eat and drink regularly, so that she feels more able to cope
- Encourage your partner to get specialist help if she is having difficulties with breastfeeding. Seeing a member of the Infant Feeding Team, for instance, can really make a difference.
- Helping mum get into a comfortable position to feed
- Have cuddles with baby after feeds
- Laying baby on your chest, and having skin to skin contact
- Bathing your baby
- Taking your baby out for walks
- Playing with your baby
- Talking to your baby. Babies are really interested in watching things especially faces and often will start imitating mouth movements; this is the formation of very basic speech development.

Other suggestions for supporting the breastfeeding mum:

- ❖ Talking and listening to each other
- ❖ Encourage mum to attend a breastfeeding club
- ❖ Having a positive attitude to breastfeeding
- ❖ Making a sandwich in advance for mum's lunch
- ❖ Helping with household tasks e.g. shopping, cooking or washing
- ❖ Supporting mum to enable her to have some 'me time' , perhaps a long soak in the bath

After a few weeks, when feeding is going well if you want to feed your baby you could give expressed breast milk. Giving a baby a bottle before feeding is going well may result in your baby preferring the bottle.

Guidelines for Using Dummies

It can be difficult to know whether to use a dummy for your new baby or not. The following information may help you to decide what is best for your baby and you.

- Introducing a dummy in the first few weeks when you are breastfeeding may discourage your baby from feeding from the breast.
- Your breast milk is produced in response to your baby feeding so if your baby does not feed frequently you may not produce enough milk to continue to meet his needs in the future.
- The sucking action at the breast is different from sucking a dummy. Using a dummy when your baby is still learning to breastfeed may mean your baby does not attach properly to the breast.
- Using a dummy may mean that you miss your baby's feeding cues. If your baby is unsettled, offer the breast before giving the dummy in case your baby is hungry. Remember it is OK to breastfeed your baby for comfort as well as food.
- Remember to sterilise dummies before every use to prevent the risk of infections.

Some reports suggest that some parents use a dummy to settle their baby to help to reduce the risk of sudden infant death syndrome. The Foundation for the Study of Infant Deaths states that dummies should not be used for breastfed babies for the first 4 weeks in order to allow for breastfeeding to become established.

For more information visit:

www.babyfriendly.org.uk

www.lullabytrust.org

Introducing Solids

In a healthy breastfed baby it is recommended to wait until your baby is around 6 months before giving them any other food or drink. The guidelines then recommend **continuing** to breastfeed alongside solid food until your baby is one year old and beyond.

Giving solids before this time will reduce the amount of breast milk your baby takes due to the solids taking the place of the milk in your baby's tummy. Breast milk is made on a supply and demand process. The foods available for younger babies are limited in order to reduce the risk of allergy. Foods such as baby rice, pureed fruit and vegetables contain fewer nutrients and calories than breast and formula milk and are less likely to meet the demands of a growing baby. Younger babies can only swallow food and not chew so it needs to be pureed and be runny in consistency.

Remember every day of breast milk counts

Infants given solids before 6 months will push food out of their mouth with their tongue. This is a reflex which is the body's way of saying it is not ready for solid food. From about 6 months this tongue thrusting reflex will disappear. Trying to give solids earlier can increase the risk of allergies such as eczema and asthma and also infections such as gastroenteritis.

These signs indicate when your baby is ready for solids:

- He can sit in a position and hold his head steady
- He can chew food - even with no teeth present
- He can pick up food and co-ordinate to put it in his mouth

Infants at this age quickly progress onto family meals so this provides a great opportunity to be included in family meal times and to start to learn the social aspects of eating.

When babies are introduced to starting solids they can start with baby led weaning which enables babies to eat at their own pace. Start with foods that are easy to pick up - thick sticks or long strips. Introduce new shapes and textures gradually so that your baby can learn how to handle them.

Don't expect your baby to eat much at first. During the first few months of baby -led weaning many babies eat only small amounts. Most healthy family foods can be offered to your baby. These include vegetables, meat, cheese, fruit, well-cooked eggs, bread (toast), rice, pasta and most fish. Offering a variety of foods will give your baby the chance to discover different tastes and textures. Always supervise your baby when offering food.

Never let babies suck directly from baby food pouches as this can cause dental problems.

Further information can be found at:

www.baby-led.com

www.rapleyweaning.com

www.firststepsnutrition.org.

www.vegansociety.com.

Tips and Ideas to Make Breastfeeding Easier When Out and About

At first it may seem a little embarrassing or scary to breastfeed away from home. It may be easier to practice breastfeeding at home with the clothes you are likely to wear when you do go out for the first time. Wearing new or different clothing may not be easy at first to undo. Your next step could be visiting one of the breastfeeding clubs in Derby, where there are like minded mums who can share hints, tips and experiences. This may help you to develop your confidence.

You may find it beneficial trying on your clothes in order to find out which will be easier and more comfortable to wear when breastfeeding away from home. So, if you have a new bra make sure you know how to open it and you can do so easily. Most mums use their existing clothes but there are a variety of clothes designed for breastfeeding mums such as tunic style tops and shawls. However, ordinary T-shirts can be just as effective. Some mums drape a muslin cloth or beach wrap over them or wear a waterfall style cardigan to feel more discrete. Button down, although convenient, can often expose more breast. Some mums like to wear a vest type top under their t shirt which can be rolled down to keep their tummy covered.

There are now capes and screens aimed at helping mums feel discreet. They are expensive and sometime make you more noticeable.

Have a try feeding in front of the mirror to see what others see rather than what you see when you look down. Others will not see as much as you!

Set your self realistic goals; probably avoid the first couple of weeks before you go out and about to feed so you have gained more confidence with positioning and attachment.

A tip to help you feel more relaxed breastfeeding your baby when away from home is to have a trial run. Plan your trip, for example to a café at a time when it is less likely to be busy - so avoid lunch time. Get all your belongings ready, including the changing bag, pram in the car and then offer your baby a feed before you leave home. Go straight to the café and get your drink. Choose a part of the café where you would feel most comfortable. It is likely that your baby will be calm and relaxed after having had a recent breastfeed which makes the situation much easier. Then offer your baby a breastfeed. A lot of breastfeeding mums have found having a trial run really helpful even if their baby only had a brief feed. Why not give it a try!

If you are travelling by car you could buy a sun visor for the side window and sit in the back to feed.

There are a number of places local mums feel comfortable when breastfeeding - see section 'Breastfeeding Friendly Places'.

All babies living in the UK are vulnerable to low vitamin D

Nationally, there has been an increase in the number of children with rickets which is associated with a lack of vitamin D.

Our main source of vitamin D is from the action of sunlight on our skin but in UK the sunlight is not strong enough to make vitamin D in the winter months.

Due to this, during pregnancy all women are advised to take a daily supplement of vitamin D to prevent babies being born with depleted stores. It is recommended that pregnant women take vitamin D supplement of 10 micrograms or 400units daily.

For women who breastfeed they are advised to continue to take a vitamin D supplement of 10 micrograms or 400units daily. The amount of vitamin D in the mother's breastmilk will depend on her vitamin D intake and vitamin D stores; therefore, as a precaution, it is now suggested that breastfed babies be given additional vitamin D, 8.5 to 10 microgram per day from birth until one year, as well as their mother.

If you are if you are eligible for the Healthy Start Scheme you can get vitamins free for your child from one month of age up to their fourth birthday and for yourself until your baby is one year old.

If you are not entitled to the scheme you can buy vitamins at local retail outlets - please check the amount to be given as each brand states different doses.

You can exchange your Healthy Start vouchers for vitamins locally from:

- Peartree Clinic
- Sinfin Health Centre
- Revive Healthy Living Centre
- Coleman Health Centre

Breastfeeding Clubs

The Breastfeeding Clubs offer a social environment for like minded women who are breastfeeding, providing breast milk or who are pregnant and want to find out more about breastfeeding. They are friendly and relaxed so why not come along for a chat and maybe make some new friends!

There are a number of weekly sessions across Derby that last for around an hour.

Many pregnant women and breastfeeding mothers find talking to other breastfeeding mothers very useful. You will be able to share hints, tips and experiences. Do not worry if your baby is not ready to feed when you are at a Club or if you do not want to feed in front of other mums at the Club; ask the member of staff and they will provide you with a private area.

You can attend any breastfeeding Club in Derby -it doesn't have to be the one nearest to you

There are a several Breastfeeding Clubs which also have an Infant Feeding Practitioner available for mums who have particular problems. Look at the 'Support Contact Details' for more information.

There is also a weekly breastfeeding clinic which provides one to one appointments with an Infant Feeding Practitioner

Breastfeeding Friendly Places

Here is a list of places in and around Derby where mums have felt welcome to breastfeed. If you would like to recommend somewhere please contact the **Infant Feeding Team** on **0300 1234586**

Look out for the Welcome to Breastfeed Here Scheme in Derby where stickers will identify if a facility supports breastfeeding. This is being launched in June 2018.

Parents Rooms -

Derby Intu Parent Rooms
Marks & Spencer's Baby Changing Room
Mothercare - The Wyvern

Restaurants / Public Houses

McDonalds (Ashbourne Road)	Olive Restaurant - Derby Intu
Cherry Tree (Toyota Roundabout)	Nandos - Derby
Pizza Express - St Mary's Gate	Deda at Cathedral Quarter
Jonty Farmer - Kedleston Road	Ikea - Nottingham
Mundy Arms - Ashbourne Road	Las Iguanas
Debenham's Café - Derby Intu	Zizzis - Derby
Starbucks - Derby Intu	Butlins Skegness Restaurant
Slug & Lettuce - Derby	Blue Bells Farm - Spondon
Bonnie Prince Public House - Derby	Hackwood Farm - Mickleover
Fat Cats - Friar Gate	Finton's Bakehouse Tea Rooms
The Book Café - Derby	The Good Green - Saddler Gate
Brambles Café - Derby Intu	Jacks of Melbourne
Carluccio's - Intu / Nottingham	The Broadway - Duffield Road
Costa Coffee - Wyvern/Kingsway	

Others

QUAD - Derby	Children's Centres
School Playground - Markeaton	Bennetts
Large Tesco Store - Long Eaton	

Baby teeth matter

It is important to protect a baby's teeth from about 6 months of age or when teeth first appear. Brush baby's teeth twice a day every day as soon as teeth appear, using a small smear of fluoridated toothpaste.

Do not forget to use the tooth brush pack that your Health Visiting Team gave you at around the 6-8 week review.

Never let babies suck directly from baby food pouches as doing so can cause dental problems.

If you would like any further information on any of the topics in this leaflet please contact your Health Visiting team or the Infant Feeding Team

Useful Websites

www.ph.hschi.net/publications/birth-five

www.nhs.breastfeeding.uk

www.nhs.uk/start4life

www.breastfeedingnet.org

www.baby-led.com

www.unicef.org/babyfriendly

www.multiplebirths.org.uk

www.thebabycafe.org

www.nhs.uk/babylifecheck

www.bestbeginnings.org.uk/breastfeeding

www.bestbeginnings.org.uk/babybuddy

www.fatherhoodinstitute.org/

ask@bliss.org.uk

www.ukamb.org

www.rapleyweaning.com

www.firststepsnutrition.org

www.lullabytrust.org

www.vegansociety.com