



## Breastfeeding Support

How can I tell that breastfeeding is going well and where can I look for support?

 <b>Breastfeeding is going well when:</b>	 <b>Talk to your midwife / health visitor if:</b>	<b>Helpful Links</b> <a href="http://www.justonenorfolk.nhs.uk">www.justonenorfolk.nhs.uk</a>
Baby has 8 feeds or more in 24 hours.	Baby has had less than 6 feeds in 24 hours.	<a href="https://www.biologicalnurturing.com/video/bn3clip.html">https://www.biologicalnurturing.com/video/bn3clip.html</a>
Baby is feeding for between 5 and 40 minutes at each feed.	Baby consistently feeds for 5 minutes or less at each feed. Baby consistently feeds for longer than 40 minutes at each feed.	<a href="https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2017/12/Responsive-Feeding-Infosheet-Unicef-UK-Baby-Friendly-Initiative.pdf">https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2017/12/Responsive-Feeding-Infosheet-Unicef-UK-Baby-Friendly-Initiative.pdf</a>
Sucking pattern changes throughout the feed.	Baby always falls asleep on the breast and/or never finishes the feed, or does not come off breast unaided.	
Baby has normal skin colour.	Baby appears jaundiced (yellow discolouration of the skin).	
Your baby is generally calm and relaxed whilst feeding and is content after most feeds.	Baby comes on and off the breast frequently during the feed or refuses to breastfeed.	<a href="https://www.bestbeginnings.org.uk/fbtb-attaching-graphic">https://www.bestbeginnings.org.uk/fbtb-attaching-graphic</a>
Your baby has wet and dirty nappies (see chart over page).	Baby is not having the wet and dirty nappies explained overleaf.	<a href="https://www.justonenorfolk.nhs.uk/media/1909/rbm-ess-guide-2018-norfolk-cb-7-ilovepdf-compressed.pdf">https://www.justonenorfolk.nhs.uk/media/1909/rbm-ess-guide-2018-norfolk-cb-7-ilovepdf-compressed.pdf</a>

<p>Breastfeeding is comfortable, position and latch maintained throughout feed, baby latches unassisted and does wide open mouth sucks.</p>	<p>Mum is having pain in her breasts or nipples, which doesn't disappear after the baby's first few sucks. Nipple comes out of the baby's mouth looking pinched or flattened on one side.</p>	<p><b>Positioning and attachment</b>  <a href="https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/breastfeeding-resources/positioning-and-attachment-video/">https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/breastfeeding-resources/positioning-and-attachment-video/</a>  <a href="https://thebreastfeedingcompanion.com/project/breastfeeding-positions/">https://thebreastfeedingcompanion.com/project/breastfeeding-positions/</a>  <b>Laid back breastfeeding - self attachment</b>  <a href="https://www.youtube.com/watch?v=z8ocBa8lZ6Q&amp;feature=emb_logo">https://www.youtube.com/watch?v=z8ocBa8lZ6Q&amp;feature=emb_logo</a></p>
<p>Baby alert and active.</p>	<p>Baby is sleepy.</p>	
<p>Need to offer supplementary human milk or pif?</p>	<p>Baby offered dummy or bottles.</p>	<p><b>How to make up formula bottles</b>  <a href="https://www.nhs.uk/conditions/pregnancy-and-baby/making-up-infant-formula/">https://www.nhs.uk/conditions/pregnancy-and-baby/making-up-infant-formula/</a>  <b>Storage of formula</b>  <a href="https://www.nhs.uk/conditions/pregnancy-and-baby/infant-formula-questions/">https://www.nhs.uk/conditions/pregnancy-and-baby/infant-formula-questions/</a>  <b>Cleaning and sterilising bottles</b>  <a href="https://www.nhs.uk/conditions/pregnancy-and-baby/sterilising-bottles/">https://www.nhs.uk/conditions/pregnancy-and-baby/sterilising-bottles/</a>  <b>Storing breastmilk</b>  <a href="http://www.breastfeedingnetwork.org.uk/wp-content/pdfs/BFN%20Expressing%20Leaflet%202019.pdf">http://www.breastfeedingnetwork.org.uk/wp-content/pdfs/BFN%20Expressing%20Leaflet%202019.pdf</a></p>
<p>Breast feels full baby unable to latch.</p>	<p>Express by hand softer latch or target problem area.</p>	<p><b>Expressing</b>  <a href="https://vimeo.com/255757128">https://vimeo.com/255757128</a>  <b>Breast compressions and hand expressing shown in video</b>  <a href="https://globalhealthmedia.org/portfolio-items/increasing-your-milk-supply/?portfolioCats=191%2C94%2C13%2C23%2C65">https://globalhealthmedia.org/portfolio-items/increasing-your-milk-supply/?portfolioCats=191%2C94%2C13%2C23%2C65</a></p>

**How can I tell that breastfeeding is going well?**

<b>Nappies</b>		
<p>The contents of your baby's nappies will change during the first week. These changes will help you know if feeding is going well.            Speak to your midwife if you have any concerns</p>		
<b>Baby's age</b>	<b>Wet nappies</b>	<b>Dirty nappies</b>
<b>1-2 days old</b>	1-2 or more per day urates may be present*	1 or more dark green/black 'tar like' called meconium
<b>3-4 days old</b>	3 or more per day nappies feel heavier	At least 2, changing in colour and consistency – brown/green/yellow, becoming looser ('changing stool')
<b>5-6 days old</b>	5 or more Heavy wet**	At least 2, yellow; may be quite watery
<b>7 days to 28 days old</b>	6 or more heavy wet	At least 2, at least the size of a £2 coin yellow and watery, 'seedy' appearance

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

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