

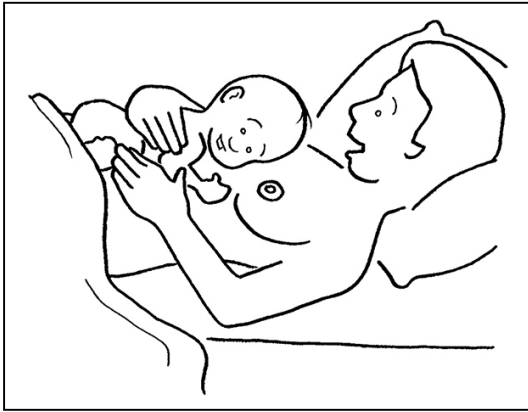
Breastfeeding



Information for parents Obstetrics

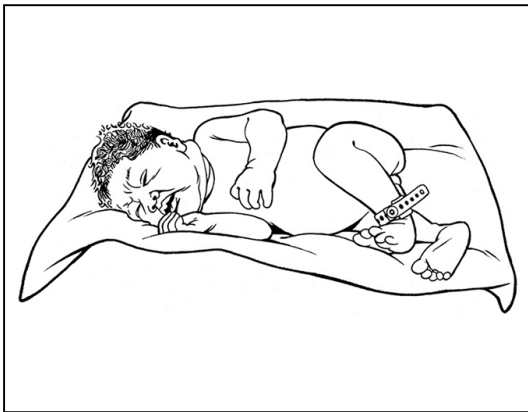


Easy Read



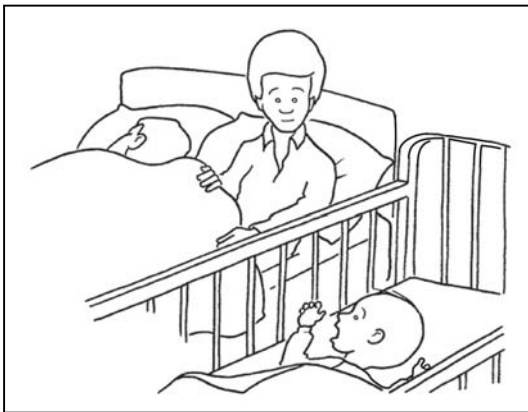
You should feed your baby as soon as possible after they are born.

Look for signs that they want to feed. If they want to sleep that's OK, just keep them against your skin and let them rest.



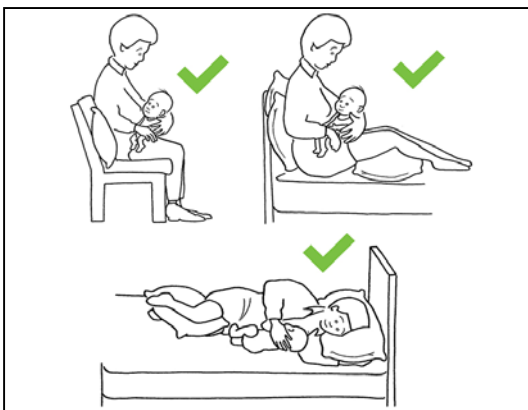
Signs that your baby is ready to feed are:

- sucking on their hands
- turning their head from side to side
- wide open mouth
- sucking on their lips or tongue



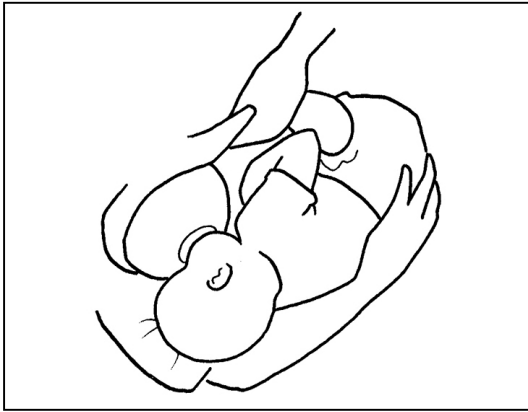
The best place for your baby to sleep is in the same room as you.

You will be able to hear them wake when they are ready for a feed.

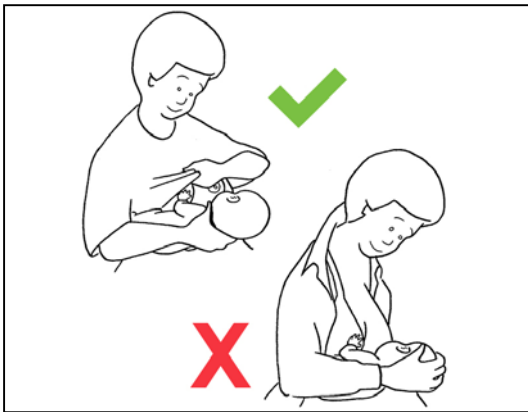


Make sure you are comfortable before you start.

With your back well supported.

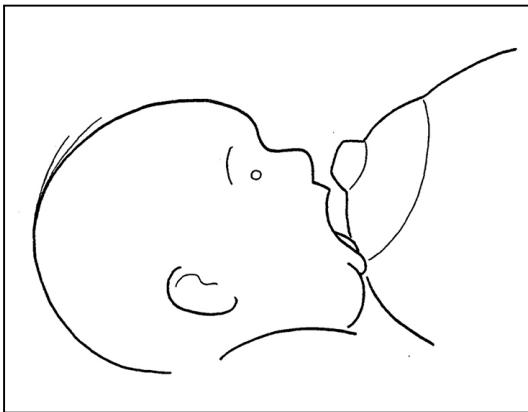


Hold your baby so they are on their side and in line with your breasts.



Support them around the back of their shoulders and neck.

Don't hold the back of their head.



Hold them so their nose is level with your nipple.



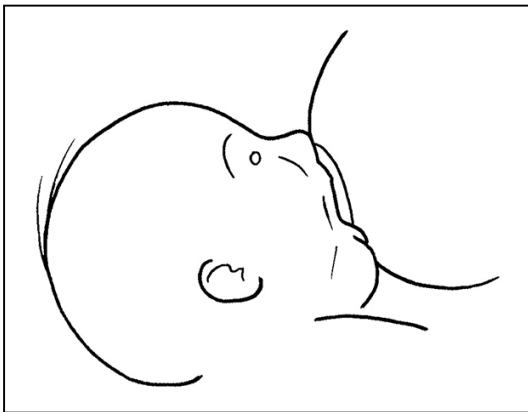
When they open their mouth bring them quickly towards your nipple.



It should feel comfortable and not painful.



If it is painful take them off and try again.



A baby feeding well will have their chin tucked against the breast and full rounded cheeks.



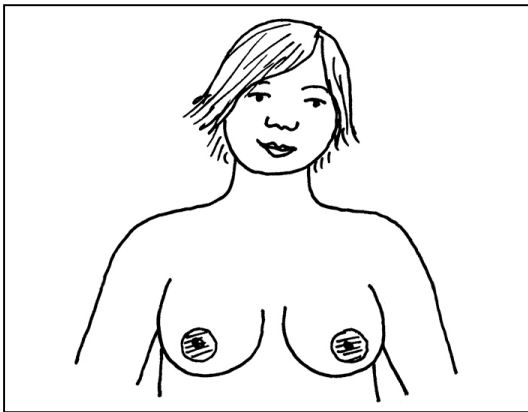
Your baby will begin with quick sucks then slow to deeper slower sucks.

You will see and hear your baby swallowing the milk.



Your baby will let go when they have had enough.

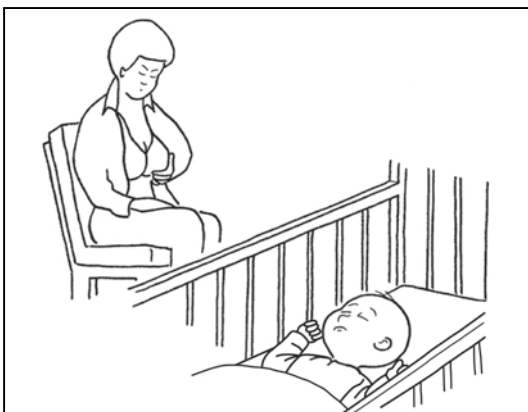
Offer the other breast to make sure they have had all they want.



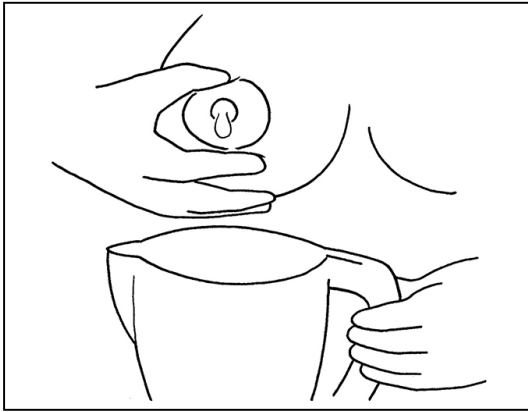
Start with the breast you finished on last time.



Let your baby feed as often as they like and for as long as they like.



It is OK to wake your baby for a feed if your breasts are very full.



If your breasts are very full and hard your baby may find it difficult to latch on.

You can hand express a little milk to soften the area around the nipple.

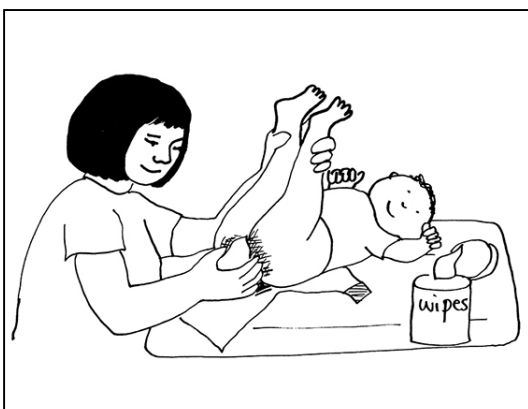


Your baby will get all they need from breast milk.

Don't give them anything else such as water or formula milk.



You will know your baby is getting enough because they will put on weight.



They will do plenty of wees and poos.

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