

Helpful Tips for Breastfeeding Mums



Breastfeeding can be a rewarding experience for both mum and baby, but sometimes you might need a bit of extra help and support.

Our Infant Feeding Team are here to help and have put together this handy leaflet to help you, especially in the early days.

If you would like more information or one-to-one support from our team don't hesitate to contact us.



For more information call the team on:

0300 029 0029

(Office hours Mon - Fri 9am to 5pm)

or visit www.haltonhealthimprovement.co.uk

Twitter: @HaltonHIT

Facebook: HaltonHealthImprovement



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Breastfeeding is going well when:	Talk to your midwife, health visitor or breastfeeding support team if:
Your baby has 8 feeds or more in 24 hours	Your baby is sleepy and has had less than 6 feeds in 24 hours
Your baby is feeding for between 5 and 40 minutes at each feed	Your baby consistently feeds for 5 minutes or less at each feed Your baby consistently feeds for longer than 40 minutes at each feed
	Your baby always falls asleep on the breast and/or never finishes the feed himself
Your baby has normal skin colour	Your baby appears jaundiced (yellow discolouration of the skin)*
Your baby is generally calm and relaxed while feeding and is content after most feeds	Your baby comes on and off the breast frequently during the feed or refuses to breastfeed
Your baby has wet and dirty nappies (see chart)	Your baby is not having the wet and dirty nappies explained overleaf
Breastfeeding is comfortable	You are having pain in your breasts or nipples, which doesn't disappear after the baby's first few sucks
	Your nipple comes out of the baby's mouth looking pinched or flattened on one side
When your baby is 3-4 days old and beyond you should be able to hear your baby swallowing frequently during the feed	You cannot tell if your baby is swallowing any milk when your baby is 3-4 days old and beyond
	You think your baby needs a dummy
	You feel you need to give your baby formula milk

* Most jaundice in babies is not harmful, however, it is important to check your baby for any signs of yellow colouring particularly during the first week of life. The yellow colour will usually appear around the face and forehead first and then spread to the body, arms and legs. A good time to check is when you are changing a nappy or clothes. From time to time press your baby's skin gently to see if you can see a yellow tinge developing. Also check the whites of your baby's eyes when they are open and the inside of his/her mouth when open to see if the sides, gums or roof of the mouth look yellow

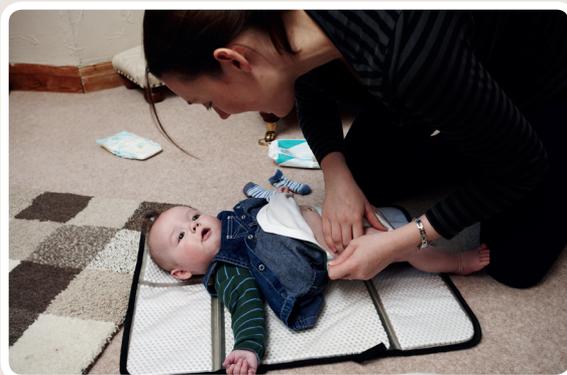
Nappies

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

Baby's age	Wet nappies	Dirty nappies
1-2 days old	1-2 or more per day urates may be present*	1 or more dark green/black 'tar like' called meconium
3-4 days old	3 or more per day nappies feel heavier	At least 2, changing in colour and consistency brown/green/yellow, becoming looser ('changing stool')
5-6 days old	5 or more Heavy wet**	At least 2, yellow; may be quite watery
7 days to 28 days old	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 may be 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 dry nappy and add 2-4 tablespoons of water. This will give you an idea of what to look/feel for.



Breastfeeding Whilst Out & About

Breastfeeding while out and about can mean feeding in public places such as a cafe or shopping centre.

Before heading out of the house you may want to think about where you will feel comfortable feeding your baby.

In Halton there is a 'Breastfeeding Friendly' scheme in place. This means that the premises welcome breast and bottle feeding mums. (Some of the breastfeeding friendly premises display a sticker so that you can easily spot them however some premises are not able to display the stickers so we have a list of all venues on our website).



Support Groups

If you would like to try breastfeeding out and about but aren't quite ready for 'public' places, why not attend one of our groups where you can get hints and tips from other breastfeeding mums?

There will be an infant feeding support worker there to help you with any problems or worries that you may have.



Breastfeeding Support Groups in Runcorn and Widnes. These groups are all drop-in sessions.

Ditton Library 11 Queens Ave Widnes, WA8 8HR	Tuesday 12 midday - 1pm
Halton Lodge Children's Centre Grangeway, Halton Lodge, Runcorn, WA7 5LU	Wednesday 1pm - 2pm
Warrington Road Children's Centre Naylor Road Widnes	Friday 11.30am - 12.30pm

If you'd like further advice or support, contact our infant feeding team on 0300 029 0029.