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यह दस्तावेज़ अनुरोध किए जाने पर अन्य भाषाओं और प्रारूपों में उपलब्ध है।

ਇਹ ਦਸਤਾਵੇਜ਼ ਬੇਨਤੀ ਕੀਤੇ ਜਾਣ ਤੇ ਹੋਰ ਭਾਸ਼ਾਵਾਂ ਅਤੇ ਰੂਪਾਂ ਵਿੱਚ ਉਪਲਬਧ ਹੈ।

در صورت درخواست این سند به زبانها و شکلهای در اختیار شما قرار می گیرد.

یہ دستاویز دیگر زبانوں اور مطلوبہ شکلوں (فارمیٹ) میں بھی دستیاب ہے

هذه الوثيقة متاحة بلغات أخرى وباشكال غير الكتابة المقروءة وذلك عند الطلب

More Milk for Babies - top tips for breastfeeding mums!



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about community services

Top tips for mums to increase your milk supply



1. How the baby goes on to the breast is very important.

If your baby is not in quite the right place you can get sore nipples, your baby may not get enough milk and then your body produces less milk. This picture shows how the baby has to go on to the breast 'off centre' the bottom lip is about 3cm away from the nipple.

It is important that as the baby does this, you do not touch the head, but support your baby under the neck and shoulders so that they are able to tip their head right back to get a large amount of breast tissue in the mouth.

Feeding should not hurt. This is the most important tip. If you are not sure this is right **PLEASE** get help – see 'Who to go to?' in this leaflet

2. Do responsive feeding. This is feeding your baby when they show feeding cues, it could be because they are hungry, thirsty, upset, in pain or they just want Mum. The average baby feeds 8 -12 times every 24 hours. Some feeds will be just a quick drink some will be a big meal, only your baby knows what they want. A little tummy fills up and empties quickly.

The more your baby feeds the more milk you will make. **You can't overfeed a breastfed baby.** Responsive feeding also means feeding because **you** want to, you might have full breasts or just want to sit down and have a cuddle



Breastfeeding helplines and websites:

Association of Breastfeeding Mothers
Tel: 08444 122 949
www.abm.me.uk

Breastfeeding Network Supporter line
Tel: 0300 100 0210
www.breastfeedingnetwork.org.uk

National Breastfeeding Helpline
Tel: 0300 100 0212

La Leche League
Tel: 0845 120 2918
www.laleche.org.uk

NCT 8am-10pm
Tel: 0300 3300771
www.nctpregnancyandbabycare.com

Breastfeeding films

Films showing the breastfeeding strategies explained in this leaflet can be seen at:
<http://www.breastfeedinginc.ca/content.php?pagename=videos>

Clips and information about breastfeeding can also be found by visiting www.bestbeginnings.org.uk, where the 'From Bump to Breastfeeding' DVD can be viewed.



Who to go to?

- Midwives or Health Visitors can liaise with the Infant Feeding Lead for the area, who specialises in breastfeeding.
- Breastfeeding support workers can visit you at home to give you extra time and support. Ask your Midwife or Health Visitor
- Accessing the local **BABES drop-in** at the Children's Centre. Most have **Breastfeeding Peer Supporters** (trained mums who have breastfed and offer support)
- Call the national breastfeeding helpline numbers listed opposite. Speaking to a breastfeeding counsellor out of hours can help.
- Visit www.nottinghamshirehealthcare.nhs.uk and type: breastfeeding in the search box for a list of your local breastfeeding support groups.



3. Use skin-to-skin cuddles to help wake a sleepy baby and encourage nursing more frequently. Strip baby down to just a nappy and put him on your bare chest - this is lovely even when feeding is going well. You can tuck baby under your t-shirt, with his head above the top. Lots of mums like keeping their baby close: holding and cuddling with as little clothing as possible between the two. You will be there to respond to your baby's feeding cues and your body will actually produce more milk and it will flow really well.

4. Look for swallowing. Soon after the feed starts, you should be able to hear swallows every one or two sucks. This tells you lots of milk is going into your baby, **EVERY SWALLOW IS A MOUTHFUL OF MILK!**

You may be able to see a swallow as an extra deep jaw movement compared to a smaller movement of a suck or you can hear gulping.

5. Avoid a dummy until your baby is about a month old. A different sucking action can confuse your baby. Also a baby may take a dummy when they really want food so they miss out on calories.



6. Offer both breasts at each feed. Look for feeding cues and feed your baby before they cry, feed on one side for a good, long feed, so your baby can get all the creamy milk, until your baby comes off by themselves, they should be sleepy and look content.

Now is a good time to change the nappy and then offer the other breast as a 'pudding', sometimes they will want both sides, sometimes just one. It doesn't matter.

Try to let your baby feed for as long as they can, even those little sucks at the end of a feed help your baby get more fatty milk to help with growth.

7. Try a 'Baby moon; a honeymoon for mums and babies! This is 24 hours of doing nothing but resting and being with your baby.

8. Hand express or pump after feeds. This can be very effective at increasing milk production even if only for a few minutes each time.

9. Talk to other breastfeeding mums Try to get to a **BABES** group. There is always someone to talk to **who can help.** See **'Who to go to?' section.**

10. Try breast compression. This is useful if the baby sucks only for a short time then stops, it will keep feeding going.

When the baby stops swallowing, squeeze your breast between your thumb and fingers and hold—not so much that it hurts.

This positive pressure squirts milk into the baby and gets them to feed again. Release the pressure when the baby starts to swallow.

11. Try switch feeding. This should be done only for 24 hours, it involves going from one breast to the other then back again - every time the baby stops swallowing, change sides. It is good for a baby with low energy levels as they will get a boost from higher calorie milk.

Weight

Most babies will lose weight at first, but they should regain their birth weight by 10-14 days. After that most breastfed babies gain an average of 4-6 ounces per week in the first four months.

They will be having at least five to six really **wet nappies** and **two poos** per day. The stools should be runny yellow and no longer black/green. When a baby reaches four to six weeks they may start to pass stools less often .

Hearing baby **swallowing** throughout the feed shows they are getting plenty of milk. Once your milk starts to flow, baby will take **one or two gulps** with each swallow.

There are other things a breastfeeding specialist can do to help:

If you have tried all the ideas detailed in this leaflet and still the baby is not gaining weight as he/she needs, do not give up hope or abandon breastfeeding.

