

Infant Feeding Antenatal Class



The value of breastmilk for health



Human Milk V's Bacteria

Did you know...

There are more
white blood cells in
1 teaspoon of milk
than there is in 1
teaspoon of blood!

Babies that are
breastfed are 15%
less likely to
develop Juvenile
diabetes

Babies who
breastfeed are less
likely to have
common
respiratory
infections

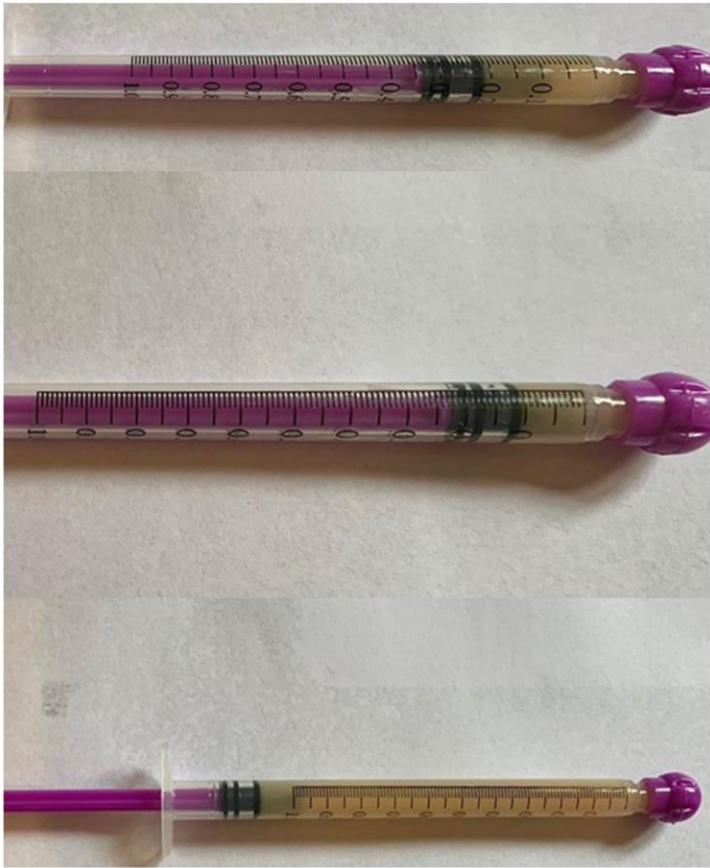
Breastfeeding
greatly reduces the
risk of breast &
ovarian cancer

It costs around
£800 to formula
feed a baby each
year

Breastmilk is
known to be lethal
to over 40 types
of cancerous
tumours = <risk of
childhood cancer

Colostrum:

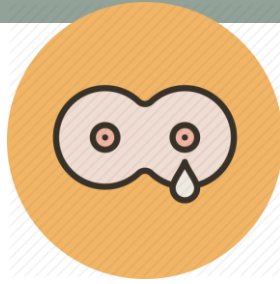
The Mind-Blowing
SUPERFOOD
for Your Baby



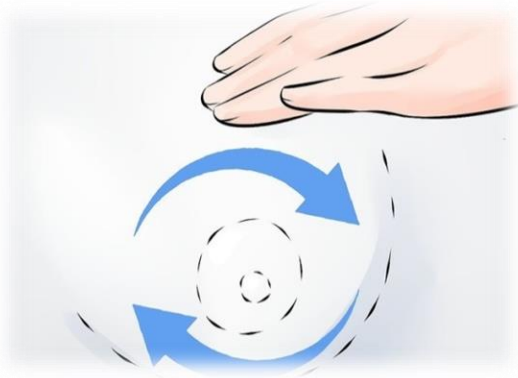
Liquid Gold

- **Natures First Milk** – Produced in the first 1-3 days (and pre-birth)
- **Yellowish** – Thick syrupy liquid
- **Small volume** – Contains all the nutrients of mature milk with less water. Allows the baby's kidneys to mature before needing to handle large volumes.
- **Anti-infective** – Provides protection from infection from the very first feed
- **Laxative** – Aids passing of meconium (which contains bilirubin) and so reduces normal neonatal jaundice.

Hand Expressing



Learning to Express your Breastmilk



It helps if you can begin with around **2 minutes gentle massage** to help oxytocin production – this hormone helps the milk flow from your breast more easily.



Then make your first finger and thumb into a 'C' shape and place them **about 2-3cm back** from your nipple. Gently compress them down and release in a slow steady rhythm.

Avoid sliding your fingers forward.



If the flow slows down rotate your finger and thumb around the breast into a 'U' shape and continue the same compress and release action to **work another section of the breast.**

Colostrum will be released in small drops and comes slowly

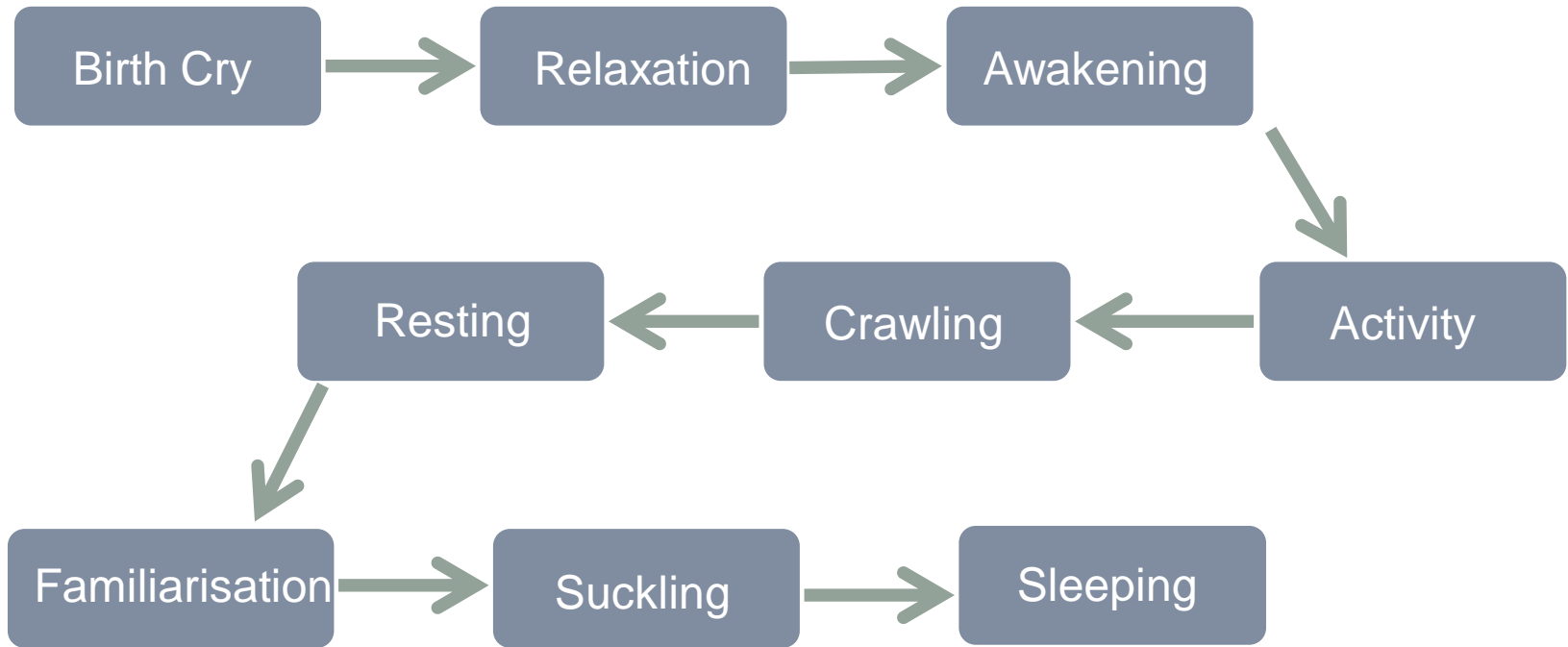
Meeting your baby and skin to skin

Skin to skin - The perfect start



Photo Property of IFT at SFHT 2021

Newborn Pre-feed Behaviour



These 9 observable stages of pre-feed behaviour are frequently interrupted and skin to skin contact with the mother cut short.

Wherever possible separation of the baby should be avoided until the baby has been through all 9 stages and reached the feed and sleep stage.

It takes a baby at least 60 minutes, without interruptions to achieve this.

Hands off Approach

Zero separation

Immediate or
as soon as
possible

Unhurried
and
Undisturbed



Theatre is also a
birth room

At least 60
minutes or for
as long as you
like

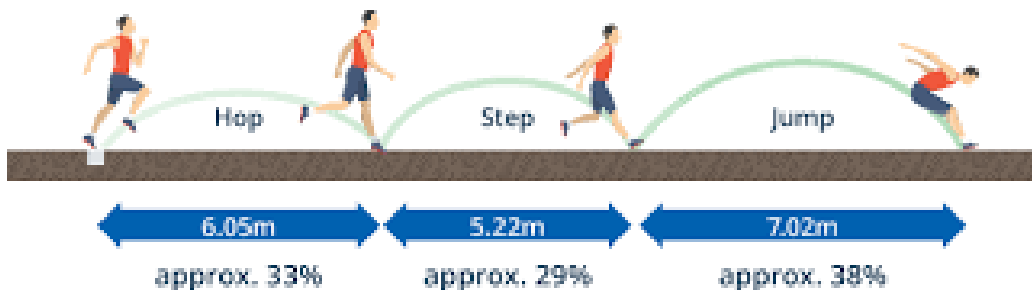
With Mummy

Getting breastfeeding off to a good start

The run up... is it important?



Edwards' jumping distance distribution
in his world record jump (18.29 m)



Example - The Triple Jump

- The athlete has to practice and learn the run up
- He has to be in the right place and position his body correctly
- He has to get this just right to be **effective** and produce the perfect jump
- How he performs the run up will affect the jump
- If it's not right, he may have a 'no jump' or only jump a short distance – in short it will be **ineffective** (and it may cause an injury)

Positioning... Is it important?



(Remember - The Triple Jumper)

- Your baby has to practice and learn the run up to latching to the breast
- It helps them to be held in the right place for them to position their body in the ideal way
- If their positioning is just right, it will result in an **effective** latch
- So how you hold your baby in the 'run up' will affect the feed
- If it's not ideal, your baby may not latch, or only achieve a shallow latch— in short it might be **ineffective** (and it may cause you pain).

These 4 points of positioning help you to hold your baby in an optimal way to help them latch to the breast with effective attachment.

This is a great starting point for you and your baby to practice the run up and help you achieve an effective latch while you both learn and gain confidence

- Close to mum
- Head free
- Body and head in a line
- Nose positioned to nipple





Lead with
the chin

Nose to
nipple



Signs your baby is feeding effectively



Asymmetrical



Deep
Latch



Symmetrical



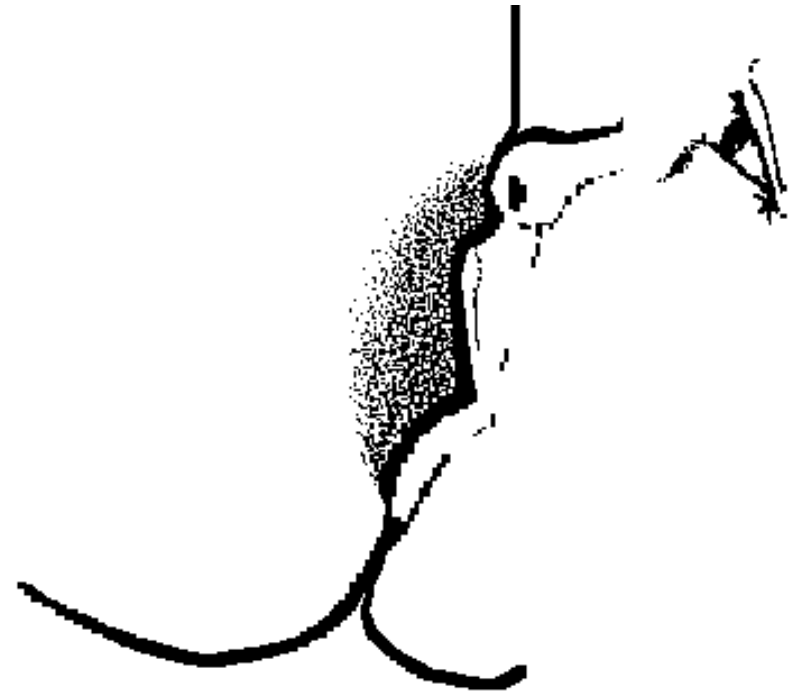
Shallow
Latch



GLOBAL
HEALTH
MEDIA

Recognising Effective Attachment

- ✓ Mouth wide open
- ✓ Chin touching breast
- ✓ Cheeks full and rounded
- ✓ More areola visible above top lip
- ✓ Rhythmic suck/swallow with pauses (*from Day 2-3*)
- ✓ Feeding is pain-free



The suck/swallow pattern of a feed



Beginning of
feed - short,
rapid sucks

Active feeding - long, slow,
rhythmic sucking and
swallowing, with pauses

End of feed -
'flutter sucking'
with occasional
swallows

Picture courtesy from UNICEF Baby Friendly Initiative

Looking for Swallows

Often you can hear swallows during your baby's feed, especially when you have a let down of your milk and it will briefly flow with more force.

But you can also see swallows and these will be seen throughout the feed.



How big is a newborn's stomach?



Day 1

size of a cherry

5-7 mL
1- 1.4 teaspoons



Day 2

size of a walnut

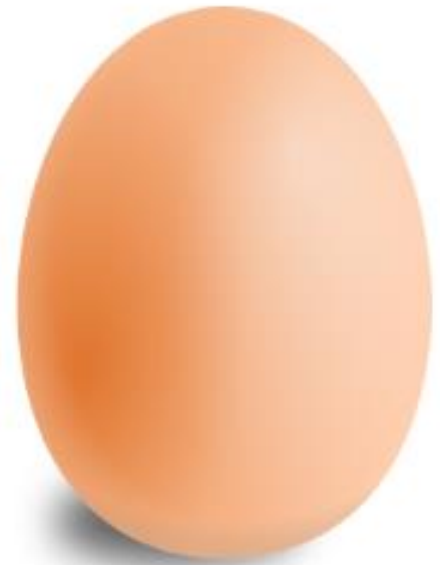
22-27 mL
0.75-1 oz



One week

size of an apricot

45-60 mL
1.5- 2 oz



One month

size of large egg

80-150 mL
2.5- 5 oz

Is my baby getting enough milk?

Wet and dirty nappies – What goes in must come out!

Baby's Age	Wet	Poops
DAY 1 (birthday)	○	●
DAY 2	○ ○	● ●
DAY 3	○ ○ ○	● ●
DAY 4	○ ○ ○ ○	● ●
DAY 5	○ ○ ○ ○ ○	● ●
DAY 6	○ ○ ○ ○ ○ ○	● ● ●
DAY 7	○ ○ ○ ○ ○ ○	● ● ● ●



Baby's behaviour
before, during
and after a feed

Suck : Swallow ratio
Feed length and
frequency
**8-12 feeds in 24
hours**



Mothers comfort
during feeds

Baby's weight
gain or loss



What goes in must come out!

- ✓ Meconium days 1-2 earlier the better!
- ✓ Changing stool day 2-4 breastmilk coming in
- ✓ Breastfed stool at least 2 soft runny yellow stools from day 4
- ✓ Develops individual pattern from 4-6 weeks



Responsive breastfeeding and early relationships

Feeding Cues

EARLY CUES - *"I'm hungry"*



- Stirring



- Mouth opening



- Turning head
- Seeking/rooting

MID CUES - *"I'm really hungry"*



- Stretching



- Increasing physical movement



- Hand to mouth



Responsive
feeding
=
A happy mum
and a happy baby



You can offer a feed any time in response to your baby's needs or your own

Nutrition

Comfort

Love

Feed



Settle



Soothe

You cannot overfeed your baby!



Responsive breastfeeding

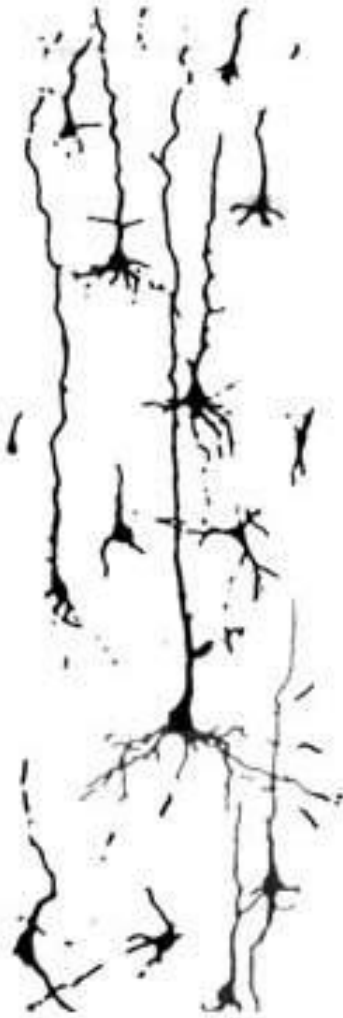
**“Feed a baby for
comfort and the
nutrition will take
care of itself”**

Baby's Brain Development

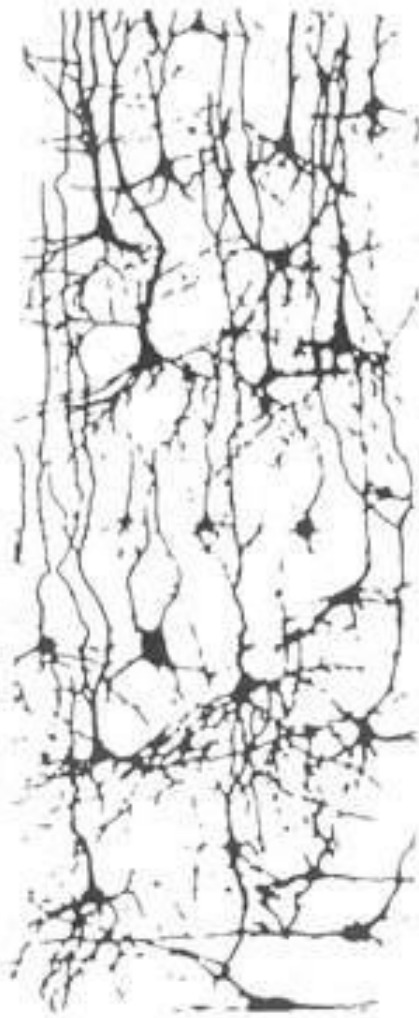
Babies are born with billions of brain cells. They have more than they need but they cannot be used until they are connected to each other.



At Birth



Three Months



Fifteen Months



Drawings of neural connections in the human brain.

**"THE FOURTH TRIMESTER " IS ALL
ABOUT PROVIDING A SAFE
NURTURING ENVIRONMENT...
CLOSE TO THE
RESPONSIVE
CAREGIVER.**



**HOLD YOUR BABY.
BUILD SECURE
ATTACHMENTS.**

**IT WILL BE
WORTH IT.**

#buildingbonds

Dr Rosie Knowles

You cannot spoil your baby with love!



Support when you get home

Support when you leave hospital



[Sfh-tr.infantfeeding.nhs.net](https://sfh-tr.infantfeeding.nhs.net)

***If you are out of area ask your midwife what local support is available**

The Lime Green Infant Feeding Team

- Will contact you – please ring the Community Midwife advice line if they do not
- Your midwife will visit you on the first day and we will follow up after
- Once discharged to the health visitor you can be supported by the infant feeding support workers in your local team, they should contact you also.

National breastfeeding support

For 24/7 help with breastfeeding

start 4 life
BreastFeeding Friend



La Leche League GB
mother-to-mother support for breastfeeding



abm

association of breastfeeding mothers



national
breastfeeding
helpline

0300 100 0212

Thanks for coming!

