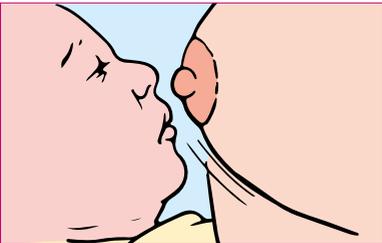


Helping baby breastfeed and chestfeed – positioning and attachment

Information for parents



Hold your baby **close to your body**, in a **straight line** – so their neck is not twisted. Hold them under their neck and shoulders, **and don't touch their head** – They need to tip their head right back to be able to open their **mouth wide** when they start to latch on.



Aim **nose to nipple**. This should stimulate baby to root and start to move their head back to latch. When baby's mouth is open, **guide them (chin first) to the breast quickly** – their **chin should connect with your body**, and baby needs to go 'off centre' rather than on to the middle so there is more breast tissue over the lower jaw.



Your nipple needs to rest at the soft palate, in the **rear roof of baby's mouth** – this should lead to a deep latch, and **baby's bottom lip should be 2-3 cm away from the base of your nipple**.



Just right:

- No pain after first ten seconds.
- Full round cheeks.
- Chin touching breast.
- 2:1 suck/swallow ratio (**you do not need to tickle their face – milk flow and the nipple on the roof of their mouth will stimulate their sucking reflex**).

Painful? Help baby de-latch and start again from nose to nipple

How do I know my baby is getting enough milk?

- **After first 24 hours** – feeds at least 8 times in 24 hours. Weighing will take place in the first two weeks.
- **Wet nappies:** Day 1-2. **1-2** or more per day urates may be present; Day 3-4. **Three or more** per day nappies feel heavier; Day 5-6. **Five or more** Heavy wet; Day 7 to 28 days old. **Six or more** heavy wet
- **Soiled nappies:** • Day 1-2. **One or more** dark green/black 'tar like' called meconium • Day 3-4. **At least two**, changing in colour and consistency – brown/green/yellow, becoming looser ('changing stool') • Day 5-6 days old. **At least two**, yellow • Day 7 to 28 days old. **At least two**, at least the size of a £2 coin yellow and watery, 'seedy' appearance

For any concerns please call the midwife advice line:

01623 676170 – Monday to Friday 09:30 – 16:30

01623 655722 – Out of hours

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

To be completed by the Communications office
Leaflet code: PIL202203-01-HBB
Created: March 2022 / Review Date: March 2024