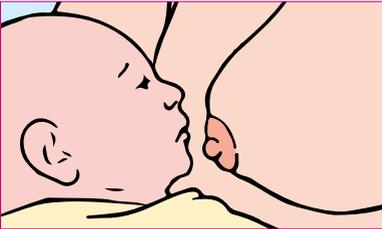


Helping baby breastfeed and chestfeed – positioning and attachment

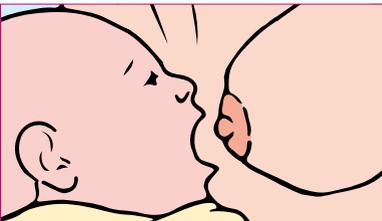
Information for parents



Hold your baby **close to your body**, in a **straight line** so their neck is not twisted. Put your hand on their neck and shoulders, **and don't touch their head** – baby needs to be able to tip their head back, to be able to open their **mouth wide**.



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** – by moving their head towards your breast with your hand on their neck/shoulders – **their chin should connect with your body**. Their bottom lip should be 2-3cm away from the base of your nipple – if you can see your areola it should be above baby's top lip, so baby has a deeper latch.



Inside baby's mouth **your nipple** should rest at the **top and back of the mouth**, on the soft palate - this ensures feeding is comfortable. 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 the 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** - **one or two** or more per day urates may be present; **Day 3-4** - **three or more** per day and nappies feel heavier, no urates – tell your midwife if nappies have urates at this stage; **Day 5-6** - **five or more**, heavy and wet; **Day 7 to 6 weeks** - **six or more**, heavy and wet.
- **Soiled nappies:** **Day 1-2** - **one or more** dark green/black 'tar like' 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 6 weeks** - **at least two**, at least the size of a £2 coin, yellow and watery, 'seedy' appearance.

For any concerns call your midwife.

Out of hours please call Sherwood Birthing Unit on 01623 672244.

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: PIL202403-02-HBB
Created: March 2022 / Revised: March 2024 /
Review Date: March 2026