

breastfeeding



The information in this leaflet will help you to breastfeed your baby.

Breastfeeding provides the best possible food for your baby.

By breastfeeding, you are giving your baby protection from a variety of infections and other illnesses.



A woman with dark curly hair, wearing a grey long-sleeved shirt and black pants, is sitting on a black metal chair. She is smiling and looking down at a baby she is holding on her lap. The baby is wearing a white onesie and is looking towards the camera. The background is a plain, light-colored wall.

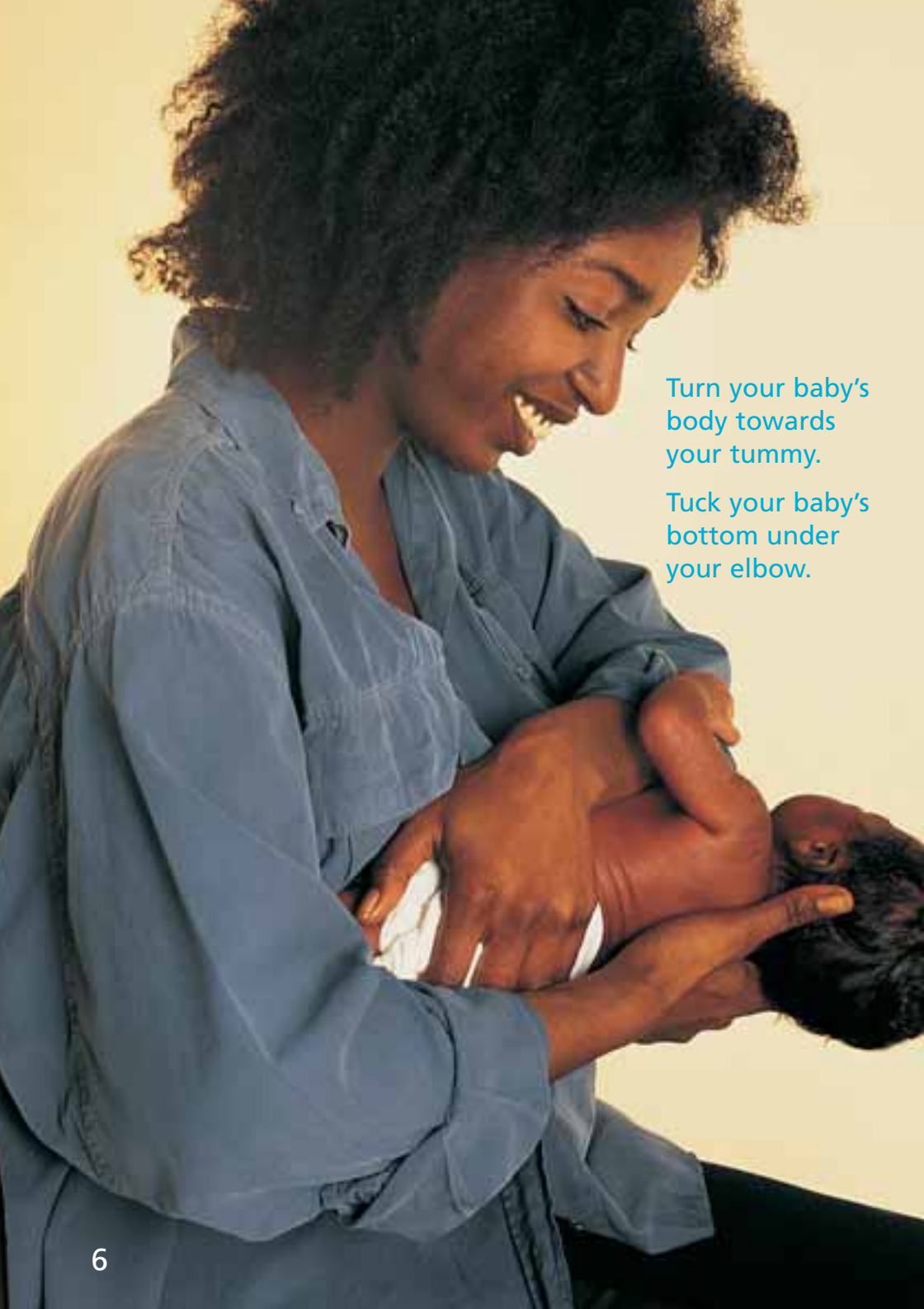
get comf

Sit so that your back is straight and
your lap is flat.

ortable

You can use a pillow
to support your baby.





Turn your baby's body towards your tummy.

Tuck your baby's bottom under your elbow.

holding your baby

Or support your baby by using a pillow.

Hold your baby behind the neck and shoulders.



be patient...



START WITH YOUR BABY'S NOSE OPPOSITE YOUR NIPPLE.



ALLOW YOUR BABY'S HEAD TO TILT BACK.
Move your baby's mouth gently across your nipple until your baby's mouth opens really wide.

speed...



BRING YOUR BABY TOWARDS YOUR BREAST QUICKLY.
Your baby's bottom lip and chin should touch your breast first.



Your baby's chin is in close contact with your breast.
Your baby is able to breathe easily.
You can feel your baby has a big mouthful of breast.

breastfeeding...



YOU MAY NEED TO SUPPORT YOUR BREAST.



Babies love to breastfeed but they usually come off by themselves when they have had enough.

It will feel comfortable.

Your baby is relaxed.

You can hear a soft swallowing.

If it does not feel right... start again.

IT IS OK TO ASK FOR HELP.

Expressing milk

You can express breast milk if you want someone else to feed your baby.

Express your milk into a sterilised bottle. Cap it and keep it in the fridge for up to 3 days (up to 10°C).

You can freeze breast milk for up to one week in the freezer compartment of the fridge or up to three months in the freezer.

Thaw frozen breastmilk in a fridge or using lukewarm water. When it is thawed use immediately.

NEVER REFREEZE.

Breastmilk is the best form of nutrition for infants.

Exclusive breastfeeding is recommended for the first 6 months (26 weeks) of an infant's life, as it provides all the nutrients a baby needs.

Six months is the recommended age for weaning babies.

When weaning your baby, carry on breastfeeding (and/or bottle feeding) beyond the first six months.

If you are unable, or choose not, to follow these recommendations, make sure to get advice from your health visitor or doctor.

For information and advice about breastfeeding please ask your midwife, health visitor or general practitioner. You can also contact one of the following voluntary organisation helplines:

Association of Breastfeeding Mothers **0870 4017711**

Breastfeeding Network **0870 900 8787**

La Leche League **0845 120 2918**

National Childbirth Trust **0870 444 8708**

Breastfeeding is the healthiest start you can give your baby. Giving formula milk to a breastfed baby can make breast feeding harder.

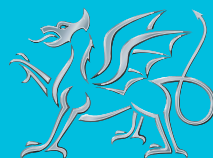
If you stop breastfeeding, it can be difficult to re-start. Look after yourself by eating a healthy diet.

© Crown copyright 2005

If you require further copies of this title please quote 21-001 Breastfeeding and contact your local NHS Trust or e-mail:

breastfeeding@wales.gsi.gov.uk

www.wales.gov.uk/breastfeeding



Llywodraeth Cynulliad Cymru
Welsh Assembly Government