

# GUIDE TO



# BREASTFEEDING

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# PARENTS GUIDE TO THE BREASTFEEDING POLICY

## **AIMS:**

We support the right of all parents to make informed choices about infant feeding. All our staff will support you in your decisions. We believe that breastfeeding is the healthiest way to feed your baby and we recognise the important benefits which breastfeeding provides for both you and your child. We therefore, encourage you to breastfeed your baby.

## **Parent's Guide to the Breastfeeding Policy Supported by Derby City Children's Centres**

- ❖ All parents have the right to make informed choices on how to feed their baby. All our staff will support you in your decisions. Breastfeeding is the healthiest way to feed your baby and we recognise the important health benefits which breastfeeding provides for both you and your baby. We therefore encourage you to breastfeed your baby.
- ❖ Ways in which we help mothers to breastfeed successfully.
- ❖ All the midwifery and health visiting teams have been specially trained to help you to breastfeed your baby. The Derby City Children's Centres staff are receiving training in order to promote breastfeeding.
- ❖ During your pregnancy, you will be able to discuss breastfeeding individually with a midwife or health visitor who will answer any questions you may have.
- ❖ Staff will be available to explain how to put your baby to the breast correctly and to help with feeds in the early days. A health visitor will provide support later on.
- ❖ We recommend that you hold your new baby against your skin as soon as possible after birth. The staff will not interfere or hurry you but will be there to support you and to help you with your first breastfeed.

Issue 1.  
Revision 16  
August 2014

# BREASTFEEDING FRIENDLY PLACES

Here is a list of places in and around Derby Mums have found welcoming to breastfeed. If you would like to recommend somewhere please contact the **Infant Feeding Team** on **01332 888121**.

## Parents Rooms

Westfield Parent Rooms  
Marks & Spencer's Baby Changing Room  
Mothercare – The Wyvern

## Restaurants / Public houses

McDonalds (Ashbourne Road)  
Cherry Tree (Toyota roundabout)  
Pizza Express – St Mary's Gate  
Jonty Farmer – Kedleston Road  
Mundy Arms, Ashbourne Road  
Debenham's Café – Westfield Centre  
Starbucks – Westfield Centre  
Slug & Lettuce – Derby  
Bonnie Prince Public House - Derby  
Olive restaurant – Westfield Centre

## Others

- Derby Library- the Wardwick - QUAD
- School playground – Markeaton - Children Centres
- Large Tesco store – Long Eaton

**Also**, have a look at the waiting room at the Park Safe car park, Bold Lane. It is a good size room with chairs and drinks and is next to a disabled toilet with baby changing facilities. It does have windows onto the car park but it is thought people in cars would not be able to see in.

- ❖ Staff will be available to explain how to put your baby to the breast correctly and to help with feeds in the early days and provide support later on.
- ❖ You will be shown how to express your breast milk and will all so be give you written information about this.
- ❖ We recommend that you keep your baby near you both day and night so you can get to know each other
- ❖ Ways to cope with the challenges of night time feeding will be discussed including issues around bed sharing.
- ❖ We will encourage you to feed your baby whenever he or she seems to be hungry.
- ❖ We recommend that you avoid using bottles, dummies and nipple shields while your baby is learning to breastfeed. This is because they can make it more difficult for your baby to learn to breastfeed successfully and for you to establish a good milk supply.
- ❖ Most babies do not need to be given anything other than breast milk until they are around 6 months old. If for some reason your baby needs some other food or drink before this, the reason will be fully explained to you by health care staff.
- ❖ The health care staff will help you to recognise when your baby is ready for other foods, and explain how these can be introduced along side breast milk.
- ❖ We welcome breastfeeding in all areas of our premises. If you would prefer somewhere private, please ask a member of staff.
- ❖ We will give you a list of people who you can contact for help and support with breastfeeding, or who can help if you have a problem.

## DO YOU KNOW...

Breastfeeding provides lots of health benefits to you and your baby.

In the early days your breasts produce the exact amount of colostrum for your baby because new babies kidneys cannot cope with large volumes of fluids.

Allow your baby to feed when he/she seems hungry to make sure your breasts produce plenty of milk.

Breast milk changes to meet the needs of your growing baby.

### **Benefits to your baby reduces the risk of:-**

- gastro-enteritis, tummy upsets (diarrhoea)
- insulin dependant diabetes
- eczema and asthma
- some childhood cancers
- obesity
- heart disease in later life
- chest infections and wheezing
- ear and urine infections

It also -

- Provides better mental development
- Can help visual development
- May reduce the development of Crohn's Disease
- Promotes better mouth formation and straighter teeth
- Reduces blood pressure

### **Benefits to you;**

A reduced risk of breast cancer

A reduced risk of ovarian cancer

Promotes stronger bones in life

Provides a faster return to pre-pregnancy figure

If you have any questions please contact your Health Visiting Team or the Midwives.

Mackworth/Morley Surestart Reigate Children's Centre Reigate Drive, Mackworth DE22 4EQ	THURSDAY 1.00pm - 2.00pm	The Health Team 01332 888112
Chellaston Children's Centre Maple Drive, DE73 6PZ	TUESDAY 11.30am - 12.30pm	The Health Team 01332 861176
Borrowash Community Centre, Ashbrook Avenue, DE72 3JE	Monday 2:00pm - 3:00pm	The Health Team 01332 888109

**Please Note: -**

- The Sinfin Breastfeeding club will be held at Sinfin Medical Centre, for six weeks only, starting Tuesday 29<sup>th</sup> August 2014 1:30-2:30 pm. The breastfeeding club will return to Sinfin Children's Centre, Sinfin Lane, Derby DE24 9PG on Tuesday 9<sup>th</sup> September 1:30 – 2:30pm.





## BREASTFEEDING CLUBS

Venue	Date and Time	Contact
Beckett Children's Centre, 35 Stockbrook Street DE22 3WR	FRIDAY 11.00am–12 noon	The Health Team 01332 888120
Osmaston / Allenton Children's Centre Cockayne St Nth, Allenton,DE24 8XB <b>CHANGING TO:</b> Osmaston/Allenton Clinic, Davenport Road church, Handel Street Entrance, Allenton DE24 8AX 1:30pm – 2:30pm From 20/08/2014	THURSDAY 11:30am –12:30pm	The Health Team 01332 888070
The Big Building Rosehill Surestart Lower Dale Road DE23	FRIDAY 11.00am – 12.00pm	The Health Team 01332 368563
Derwent Youth and Community Centre, Monmouth Street, Chaddesden, Derby DE21 6BD (behind Stepping Stones)	WEDNESDAY 1.30pm–2.30pm	The Health Team 01332 888121
<b>CHANGE:</b> Sinfin Health Centre, Arleston Lane, Sinfin Derby, DE24 3DS (Temporary for 6 weeks) <b>Please see note on next page</b>	TUESDAY 1:30pm – 2:30pm	The Health Team 01332 888040
Audrey Drive Children's Centre. Audrey Drive, Chaddesden, Derby (off Martin Dr, off Wood Rd) DE21 4NP	THURSDAY 1.00pm–2.00pm	The Health Team 01332 888109 or 01332 670634
Alvaston Children's Centre, London Rd DE24 8UZ <b>CHANGING TO:</b> Changing time from 3rd September 2014 to 1:00pm – 2:00pm	WEDNESDAY 11.00am– 12 noon	The Health Team 01332 861176

# HOW TO KNOW IF YOUR BABY IS GETTING ENOUGH

For breastfeeding to be successful it is very important that your baby is correctly attached to your breast. This helps your breasts to produce milk.

Babies feeding patterns normally vary. How often and how long they feed can be different for each baby. Baby-led feeding (demand feeding) ensures your baby gets enough milk. Let your baby choose when to feed and when the feed is finished, offer both breasts at each feed.

In the early weeks (up to around six weeks) babies should have at least six wet nappies per day of clear urine and two to three soiled (poo) nappies yellowy-mustard colour.

At times your baby may feed more frequently for around one to two days. This is called a growth spurt and, as a guide, often occurs at around three, six and twelve weeks.

What to look for:

- Pale coloured urine six or more wet nappies in 24 hours.
- Bowels open (poo) two to three times a day (may be less when feeding is established).
- Baby is growing and gaining weight – his/her clothes are getting shorter or smaller.
- Frequent, baby-led feeding.
- Settles after feeds.
- Baby should be alert and responsive.
- Good muscle tone.
- Baby looks well.

Using a dummy in the early weeks can reduce the amount of breast milk your baby gets.

If you are unsure if your baby is getting enough breast milk then you can contact your Health Visiting Team.

## **EFFECTS OF OFFERING ARTIFICIAL MILK TO A BREASTFEEDING BABY**

Breastfeeding works on a supply and demand basis. If this is interrupted with artificial milk the breast may not produce enough milk for future feeds.

Artificial milk changes the protective coating in the baby's gut. This can increase the risk of a baby getting infections.

Babies given artificial milk may be less satisfied with subsequent breastfeeds as artificial milk is harder for the baby to digest.

Sucking from the teat of a bottle is different to breastfeeding and this may make it harder for your baby to attach correctly to the breast.

**Tip: suck on the end of your finger then on your forearm to identify with this.**

**If there is a history of allergy in the family giving artificial milk may increase the risk of your baby developing allergies.**

Breasts can become full and uncomfortable (engorged) if the baby does not go to the breast frequently enough. This can make it painful and difficult to attach the baby to the breast.

## SUPPORT CONTACT DETAILS

<u>National Child Birth Trust Help line</u>	<u>La Leche League</u>	<u>Breastfeeding Network</u>	<u>Association of Breastfeeding Mothers.</u>
0300 33 00 771 (8 am – 10 pm)	24 hour help line 0845 120 2918 Automatic connection to local advisor  Monthly meetings in Derby City Centre	Supporter Line  0300 100 0210  Automatic connection to local advisor	08444 122949  9.30 am – 10.30 pm  Non urgent enquiries email counselling@amb.me.uk

### Supporter Line in Bengali & Sylheti

0300 456 2421

### National Breastfeeding Help Line

0300 100 0212

### Local Professional Advisors

Specialist Health Visitor in Infant Feeding – Derbyshire Healthcare Foundation Trust  
**Helen Dean**

Breastfeeding Advisors Derbyshire Healthcare Foundation Trust

Derwent, Osamston & Allenton

Mackworth - Morley & Alvaston

Derwent & Chaddesden

**Lisa Vickery**

**Jo Hales**

**Sue Farmery**

*Available Monday to Friday excluding bank holidays*  
01332 888121

# ADVICE AND SUPPORT AT YOUR LOCAL BREASTFEEDING CLUB

Breastfeeding Clubs provide information to pregnant women, breastfeeding mothers and mothers who are providing breast milk.

There are a number of weekly sessions across Derby that last for around one and a half hours. The Breastfeeding Clubs are friendly and relaxed and you are very welcome to come along and chat and may be make new friends!

Many pregnant women and breastfeeding mothers find talking to other breastfeeding mothers very useful. You will be able to share hints, tips and experiences. Don not worry if your baby is not ready to feed when you are at a Club.

A member of the Health Visiting Team will also be on hand. You may also meet a Breastfeeding Peer Supporter.

Breastfeeding Peer Supports are local mums who have breastfed their baby and have then successfully completed a Breastfeeding Peer Support training course. Their role is offer 'mother to mother' breastfeeding support. They will listen to how you feel about breastfeeding, provide information on the health benefits to both you and your baby and share hints and tips that you may find useful.

## STORING EXPRESSED MILK

Breast milk can be expressed by hand, hand pump or electric pump. At first, only a few drops of milk may be expressed. Usually, the more you express the easier it becomes, producing more milk. However, the amount of milk expressed can vary. Healthy term infants can usually obtain more milk when feeding at the breast than the amount of milk that can be expressed. Also the colour of milk expressed may vary. It is normal for the very nutritious breast milk to look thin, watery or even a bluey colour. Further information on expressing is available from health visiting teams, breastfeeding clubs, and also from peer supporters. You can also find information in the booklet 'A Mother's Guide to Breastfeeding' provided from Royal Derby Hospital.

A member of the Health Visiting Team will show you how to hand express your milk using a cloth model breast. There are a few key points to follow which you may find helpful.

- Gently massage your breast.
- Cup the breast in your hand.
- Feel for a change in texture usually a few centimetres away from the nipple.
- Put your thumb above and fingers underneath making a 'C' shape on the change of texture.
- Press and release with finger and thumb using rhythmic movement.
- Ensure you move your fingers and thumb around to express milk from the other milk ducts.

### **Storage Guide:**

It is important to wash your hands before you start and to use a sterilised container to collect your milk. Also, store your milk in a sterilised container with a lid. Label the container stating breast milk, your name, date and time.

It is recommended to use a fridge thermometer so that your milk is kept at its best.

**Storage in the fridge:** at 0° to 4°C – use within five days.  
Up to 2 weeks in the freezer compartment of a fridge.

**Storage in the freezer:** at -18°C or lower – use within six months.

**To defrost milk.**

Stand the milk container in a jug of warm water and replace when it becomes cold. Use the milk immediately. Shake gently to mix the creamy, separated particles together. Do not use a microwave. Defrosted breast milk does not keep: it should be used straight away.

**Important note:** *if you and your baby are receiving treatment for thrush it may be advisable not to store breast milk for more than 24 hours in the fridge as milk stored for longer may result in re-infection. Do not freeze breast milk when there is thrush present. Once defrosted the thrush will be re-activated and therefore likely to cause another thrush infection.*

# INTRODUCING SOLID FOOD

Your breast milk is the perfect first food.

In a healthy breast-fed baby it is recommended to wait until your baby is around six months of age before giving him or her any other food or drink. It is recommended to continue to breastfeed alongside solid food until your baby is at least one year old or beyond.

At around six months most babies show signs that their body is ready for solid food. Signs such as:

- Being able to sit up
- When the tongue stops pushing food out of the mouth
- Readiness to chew
- Ability to pick up food and put in the mouth
- Increased demand for breastfeeds last longer than normal growth spurts.

**Giving your baby any other drink or food before 6 months will reduce the amount of breast milk your baby wants and result in your breast milk supply reducing.**

Waiting until around six months before starting to give solids has shown to:

- Enables your baby to take the amount of breast milk needed.
- Considerably reduces the risk of gastroenteritis.
- Protects the baby's immune system.
- Reduces the risk of developing allergies from food.
- Increases the baby's ability to digest solids.



## HEALTHY START VITAMINS

Studies show young children may not get enough vitamin A, C and D from their food. Also, pregnant and breastfeeding women may not get enough vitamin D or folic acid. Nationally, there has been an increase in the number of children with Rickets which is associated with a lack of vitamin D. A lack of vitamin D can affect other aspects of health too. Ask your Health Visiting Team or Midwife for more information.

If you are on the Healthy Start Scheme you can get these vitamins free for your child up to their fourth birthday and for yourself until your baby is one year old. Alternatively, you can buy them at one of the clinics listed below. They cost about 91p for the Women's tablets and about £1.80 for Children's Vitamin drops.

Ask your Health Visiting Team or Midwife for more information.

You can get Healthy Start Vitamins locally from:

- Peartree Clinic
- Sinfin Health Centre
- Revive Healthy Living Centre
- Kingsmead Clinic
- Coleman Health Centre.

# HOW YOUR PARTNER CAN HELP AND SUPPORT YOU TO BREASTFEED

Breastfeeding can take practice to learn how to get it right. So it is a good idea to talk to your partner about breastfeeding before you have your baby so they know why breastfeeding is important for the health of your baby and you.

It may be useful to show him this leaflet. Sometimes Dads can feel left out so it is important for you to talk to each other about how you feel.

## How Dad can help:

- Helping mum get into a comfortable position to feed.
- Cuddles with baby after feeds (skin to skin contact works for Dads too).
- Talking to your baby.
- Nappy changes.
- Bathing.
- Taking the baby out for walks.

## Other suggestions:

- Talking and listening to each other.
- Encourage mum to attend a Breastfeeding Club.
- Having a positive attitude to breastfeeding.
- Making a sandwich in advance for mum's lunch.
- Helping with household tasks i.e. shopping or washing.
- Supporting mum to enable her to have some 'me time' perhaps a long soak in the bath.

# MASTITIS

Occasionally some mothers may develop Mastitis.

Mastitis is an inflammation of a section of the breast. It often occurs when the milk is not removed from the breast resulting in a blocked milk duct. The inflammation and pain that may occur is caused by the milk being forced out of the milk ducts into the surrounding breast tissue. It is possible that an infection could also be present. **The milk is safe for your baby** and it is important you continue to breastfeed to prevent the condition becoming worse. Suddenly stopping breastfeeding could increase the likelihood of an infection or an abscess developing

You may need to see your GP for antibiotic treatment however if you contact your **Health Visiting Team** or the **Infant Feeding Team** or your breastfeeding supporter you can discuss your symptoms and receive information and support. It is also important to have your baby's attachment at the breast observed so any improvement needed can be made.

## TIPS AND IDEAS TO MAKE BREASTFEEDING EASIER WHEN OUT AND ABOUT

At first it may seem a little embarrassing or scary to breastfeed away from home. It may be easier to practice breastfeeding at one of the local Breastfeeding Clubs. This may help you develop your confidence.

There are a number of places local mums feel comfortable when breastfeeding – see section Places to Breastfeed.

You may find it beneficial trying on your clothes in order to find out which will be easier and more comfortable to wear when breastfeeding. So, if you have a new bra make sure you know how to open it and you can do so easily. Most mums use their existing clothes but there are a variety of clothes designed for breastfeeding mums such as tunic style tops and shawls. However, ordinary T-shirts can be just as effective. Also, some mums drape a muslin cloth or beach wrap over them or wear a waterfall style cardigan to feel more discrete.

A tip to help you feel more relaxed breastfeeding your baby when away from home is to have a trial run. Plan your trip, for example to a café at a time when it is less likely to be busy - so avoid lunch time. Get all your belongings ready, including the changing bag, pram in the car and then offer your baby a feed before you leave home. Go straight to the café and get your drink. Choose a part of the café where you would feel most comfortable such as with your back facing the door. It is likely that your baby will be calm and relaxed after having had a recent breastfeed which makes the situation much easier. Then offer your baby a breastfeed. A lot of breastfeeding mums have found having a trial run really helpful even if their baby only had a brief feed. Why not give it a try!