

Obstetrics and Gynaecology Women's and Children's Services

Parents guide to the Policy on Breastfeeding

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 that breastfeeding provides for both you and your child. We therefore encourage you to breastfeed your baby.

Ways in which we can help you to breastfeed successfully

- Staff have been specially trained to help you breastfeed your baby
- During your pregnancy you can discuss breastfeeding on a one to one basis with your midwife or health visitor who will answer any questions you might have.
- We encourage you to hold your baby in skin to skin contact as soon as possible after the baby is born. Staff will support you with this and your first breastfeed.
- A midwife will assist and advise how to put your baby to the breast correctly and help with feeds in the early days.
- We will teach you how to hand express your breast milk and give you written information.
- We strongly recommend that you keep your baby with you at all times including night-time so that you can respond to your baby's needs.
- We do not have a nursery facility to look after babies at night and babies will not be separated from their mothers. Separation will only occur where the health of either the mother or the baby prevent care being offered together.



Patient Information

- We will give you advice about bed sharing.
- We will encourage you to feed your baby when he or she seems hungry. Your midwife will advise you on feeding cues and if you are having any difficulties.
- We strongly recommend that you avoid using teats, dummies and nipple shields. This is because they make it more difficult for your baby to learn to breastfeed and for you to establish a good milk supply.
- Most babies do not need to be given anything other than breast milk up to the age of six months
- If your baby requires anything other than breast milk the staff will fully explain why
- We welcome breastfeeding in all areas of our premises
- We will give you contact numbers and information about where you can get help and support about breastfeeding when you leave hospital

Useful contact numbers

The following numbers will automatically connect you to a local breastfeeding support person if you are using a land line.

La Leche League 0845 1202918

National Childbirth Trust 0300 330 0771

Breastfeeding Network 0300100 0210

Association of Breastfeeding Mothers 08444 122 949

National Breastfeeding Helpline 0300 100 0212

Local Support Contacts

Infant Feeding Support Team 07904 984 620

Patient Information

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact the Infant Feeding Advisor on 024 7696 7369 and we will do our best to meet your needs.

The Trust operates a smoke free policy
www.uhcw.nhs.uk

Document History

Author	Nicky Lamb, Rachel Anderson, Infant Feeding Coordinators
Department	Maternity
Contact Tel	27369
Published	June 2006
Reviewed	October 2010, December 2012
Review	December 2014
Version	4
Reference	HIC/LFT/128/06