* Babies like to be with their mothers and often cry when separated. Try to sleep when your baby sleeps. Learning to feed lying down might be helpful.
* Hold your baby ‘kangaroo style’ by cuddling your baby next to your skin, underneath your clothes. Keep his/her head clear so that he/she can breathe easily. Holding your baby like this can also help warm a baby.

**Our staff are committed to offering you support and guidance as you and your baby learn to breastfeed. If you have concerns please talk to the Infant Feeding Advisor**



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Different methods of feeding your baby will be discussed initially during the antenatal period.

**Breastfeeding in the first few days**

* Breastfeeding is the most natural way to feed your baby, but in the first few days it often takes time and patience to learn to breastfeed.
* After birth some babies feed very often and want to feed a lot of the time, whilst others may feed less often and for shorter periods. For a healthy baby, who is well attached, both ways are normal
* A newborn baby has a small stomach and the digestive system is still immature. Colostrum (the milk produced in the first few days) gives your baby all the feed he/she needs and in a volume he/she can cope with.
* Offering artificial feeds at this time is usually unnecessary (unless medically indicated) and may affect your ability to breastfeed in a number of ways.**The effects of artificial milk on breastfeeding**
* Breastfeeding works on a supply and demand basis. If this is interrupted with an artificial feed, the breast may not produce enough milk.
* Sucking from a bottle is different from breastfeeding and may confuse the baby. This can make it more difficult for the breastfeeding baby to attach to the breast properly.
* The breast can become full and uncomfortable (engorged) if the baby does not go to the breast often enough. This can make it painful and more difficult to attach the baby to the breast.
* Babies who have taken large amounts of artificial feed may be less satisfied with subsequent breastfeeds.
* Every baby’s gut contains a range of normal bacteria and breast milk provides a protective coating of the gut. Artificial milk upsets this protection and increases a baby’s risk of developing infections.
* Giving artificial milk increases the risk of the baby developing allergies (including an allergy to cow’s milk), particularly if there is a family history of diabetes, asthma, eczema or other allergy in the family.**You may be feeling very tired and anxious about your baby getting enough milk. The following hints may help settle and relax you and your baby**
* Ask a member of staff for support when your are attaching your baby to the breast. As well as leading to sore nipples, poor attachment often causes a baby to be unsettled because it is more difficult for a baby to reach the ducts that contain the milk.
* Feed your baby with just his/her nappy on. The skin-to-skin contact between your and your baby is very comforting and calming.
* Make sure you are in a comfortable position with your back supported while breastfeeding. This will help you to rest whilst your baby feeds.