

babyconfidence

10 Top Tips for Breastfeeding

1. Your baby's feeding technique is all important for successful breastfeeding. Prepare well, know when things are not as they should be and get some skilled help to correct your technique.



2. Offering your baby regular breastfeeds, when he's hungry ensures your milk supply will grow to meet your baby's needs. The more baby feeds the more milk you will make for him.

3. Breastfeeding should not be painful if you and your baby are doing it correctly. Check the shape of your nipple when baby comes off the breast. It should be round and look normal, and not be flattened or 'pinched'.

4. Cold, green cabbage leaves are great at soothing hard, swollen breasts as your milk comes in a few days after the birth. Pop a couple into your bra for half an hour or so after a feed.

5. For the first few 'colostrum' days and as your milk is coming in, it's fine to feed equally from both breasts. This will help you avoid soreness-even if baby's latch is perfect-, and keep you comfortable during those days when you feel extra 'full'.

6. By the end of the first week, encourage your baby to finish the first breast before offering the second. This way, he's likely to get both the thirst quenching foremilk, and the richer hindmilk each time.



7. On average, a breastfed baby will want to feed every 2-4 hours. A typical feed lasts from 10 minutes to over an hour at first. Every mum and baby is unique and will have their own pattern of feed frequency and duration.

8. Signs your baby is getting enough milk are if he is settling between feeds, waking at regular intervals to be fed, has yellow runny stools and lots of wet nappies, and is gaining weight steadily.

9. Using a lanolin nipple cream will help soothe your nipples in the early weeks of feeding. Use a small amount on the nipple only, at the end of each feed.

10. For first month tummy gripes and wind, try holding baby upright over your shoulder after feeds-rubbing and patting his back. Pick him up for soothing cuddles-you can't spoil him at this age.



This page contains hints and tips on getting off to a great start with breastfeeding. Contact us for personalised help and advice, or join our course before your baby arrives! See website for details.

www.babyconfidence.co.uk