



Feeding Your Baby Whilst In Hospital

Patient information Leaflet

March 2020



At Tameside and Glossop Integrated NHS Foundation Trust, we promote and support breastfeeding as the normal way to feed your baby. There are numerous health benefits of breastfeeding to both you and your baby, plus it's free! Some of the benefits for your baby include protection from infection, diabetes and asthma. Breastfeeding your baby can help protect you from breast and ovarian cancers and heart disease. For more information, see www.unicef.org.uk/babyfriendly/about/benefits-of-breastfeeding/

Your midwife will discuss breastfeeding with you during your antenatal appointments and you can also attend Parent Craft sessions to help you prepare for feeding your newborn. You will be supported to feed your baby as soon as possible after the birth. Cuddling your baby in skin to skin helps your baby feel safe, warm and reassured. You will be supported to feed your baby in skin to skin regardless of your feeding choice.

Whether you are transferred to the postnatal ward or are discharged home a few hours later after giving birth, the maternity staff will continue to provide feeding support. Homestart peer breastfeeding support service can visit you at home to assist you with breastfeeding, or you can come to one of their breastfeeding support groups.

If you choose to feed your baby with infant formula milk, we will support you to offer the first feed in skin to skin contact and to feed your baby on their feeding cues, pacing the feed.



Feeding cues are signs your baby is asking to be fed. Feeding cues are when baby can be seen to be rooting (opening his/her mouth and "searching" for food), wriggling, waving, sucking on fingers and making murmuring noises.

I would like to breastfeed. Do I need to bring any formula with me, just in case...?

No, your breastmilk is all your baby needs. Giving formula milk to a breastfed baby will affect your milk supply. Sometimes babies can take a while to learn to breastfeed and the staff working in the maternity department will help you to have lots of skin to skin contact and to hand express your breastmilk to give to your baby until he or she is ready to breastfeed. There is a locked fridge on the maternity unit and a fridge and freezer on NICU, where you can store your expressed breastmilk. If there is a clinical reason, such as baby having a low blood glucose level, artificial infant formula may be considered. There is a small stock of artificial formula milk for emergency use only. If there is a clinical reason for giving your breastfed baby formula milk, you will be supported to get breastfeeding off to a good start and will be encouraged to hand express your breastmilk to baby in the first instance. Hand expressing of breastmilk is a valuable skill that can tempt a reluctant baby to feed and increase your milk supply. You can find out more here: www.unicef.uk/handexpression

What do I need to bring with me if I wish to formula feed my baby?

You will need to bring:

- Starter packs of ready to feed 1st stage formula milk. These packs come with teats
- Expect to use around 8 teats and bottles a day

Ready to feed starter pack bottles do not need to be stored in a fridge and are to be kept in your bag or bedside locker.

Do not bring in powdered formula or larger bottles of ready to feed infant formula milk as we do not have the facilities for the safe preparation of powdered milk or for the sterilisation of reusable bottles and teats.

Ready to feed formula should not be decanted and stored so once a bottle has been opened and used, the contents need to be discarded after an hour.

Responsive bottle feeding

By keeping your baby close to you, you will learn to recognise early feeding cues. Your baby crying is their last resort to let you know they need to feed, so offer a feed before they start to cry. Gently invite your baby to take the teat and pace the feed, allowing your baby to have a break when they need it so that your baby can take as much milk as they want. Forcing your baby to finish a feed will be distressing and can mean they are overfed.

You and another main care giver should give most of the feeds yourselves (especially in the early days and weeks) to help you to build a close and loving relationship with your baby and to help them feel safe and secure.

You can read more about responsive feeding here: www.unicef.org.uk/babyfriendly/baby-friendly-resources/relationship-building-resources/responsive-feeding-infosheet/

What kind of formula milk does my baby need?

There are many brands of formula milk and they are all very similar. 1st stage (whey based) is the only type of formula milk a baby will need until they are 1 year old and can have cow's milk as a main drink.

www.unicef.org.uk/babyfriendly/baby-friendly-resources/bottle-feeding-resources/infant-formula-responsive-bottle-feeding-guide-for-parents/

What if I forget to bring infant formula with me?

A member of your family will be able to purchase formula on your behalf from local supermarkets and shops. Some mums may choose to breastfeed until the formula has been bought.

If you decide not to breastfeed or stop breastfeeding, it is possible to restart again. Speak to your midwife or Homestart for advice.

Useful sources of information

Breastfeeding

Homestart Infant Feeding Team (providing breastfeeding support in Tameside and Oldham)

0161 344 0669/ out of hours 07802883947

www.kellymom.com

www.globalhealthmedia.org

www.breastfeedingnetwork.org.uk

The UNICEF UK Baby Friendly Initiative www.unicef.org.uk

Bottle feeding

start4life Guide to Bottle Feeding leaflet

www.firststepsnutrition.org/

Infant feeding midwives: Hayley Coulson and Jane Woollam 0161 922 4395

If you have any questions you want to ask, you can use this space below to remind you

If you have a visual impairment this leaflet can be made available in bigger print or on audiotape. If you require either of these options please contact the Patient Information Centre on 0161 922 5332

If you require an interpreter, please ask an appropriate person to contact our central booking office between Monday to Friday 8am to 5pm on 0161 922 6991 to arrange this for you.

語言翻譯及病者支持服務 (LIPS):

如果閣下需要翻譯員在您的預約當日幫助您的話 請找一名合適的家庭成員 0161 922 6991 聯絡本中央預約辦事處來您您安排 我們的辦公時間是星期一至星期五 上午 8 時至下午 5 時

Językowo Tłumaczeniowa Usługa Pomocy dla Pacjenta (Language, Interpretation and Patient Support Service LIPS):

Jeśli potrzebujesz pomocy tłumacza w trakcie swojej wizyty, proszę poprosić odpowiedniego członka rodziny o skontaktowanie się z Centralnym Biurem Zamówień (Central Booking Office), w celu zorganizowania tłumacza pomiędzy poniedziałkiem a piątkiem w godzinach od 08:00 - 17:00 pod numerem 0161 922 6991.

لینگوئج، انٹرپرائٹیشن اینڈ پیسٹنٹ سپورٹ سروس (Lips)

اگر آپ کو اپنی اپائنٹمنٹ کے لئے مترجم کی مدد کی ضرورت ہو تو براہ مہربانی اپنے خاندان کے کسی موزوں فرد سے کہیں کہ وہ ہمارے سنٹرل بنگ آفس سے پیر سے جمعہ 8.00 بجے صبح سے 5.00 بجے شام کے دوران 0161 922 6991 پر فون کر کے اس کا بندوبست کریں۔

Document control information

Author: Hayley Coulson
Division/Department: Maternity
Date Created: March 2002
Reference Number:
Version: