

# Breastfeeding - the early days...

## Should it hurt?

Breastfeeding should not be painful. Any pain or discomfort is our body's way of letting us know something needs adjusting and it is best to seek support

## What position should I use?

There are many positions in which to feed, it is a matter of finding what works for you. Some pointers are: your baby's body close to you, with his face, belly button and knees in line and support so that he can tilt his head back to feed.

## When should I feed my baby?

When your baby gives you feeding cues, if your breasts feel full and/or heavy, to soothe your baby, to help them sleep or to calm and comfort them.

## How do I know he's getting enough?

Plenty of wet & dirty nappies are a good indication of how much milk your baby is having. What goes in, must come out!



## How often do I feed my baby?

Your baby will let you know when they need feeding. Keep your baby close and look for early feeding cues; smacking their lips, rooting, sucking their fist.

## What if I want to give my baby a bottle?

If expressing your milk for someone else to give your baby, it is recommended that a teat is avoided until you feel the breastfeeding is well established and comfortable. The same applies to the use of a dummy. Also topping up your baby's feeds with formula, unless advised by a health professional, could reduce your milk supply.

## How long should my baby feed?

Your baby knows how long and how often to feed. Allow baby to stay attached to the breast for as long as they wish, even if it looks like they are asleep

## Where can I get support?

Accessing support for any query is very worthwhile. See your 'Breastfeeding Support in Wolverhampton' leaflet from your brown envelope, contact your local children's centre, Infant feeding team or a national support line (details below).

If you have any concerns or questions about any of the areas mentioned above, please look at the breastfeeding support information leaflet from your brown envelope given to you in the hospital. Alternatively you can contact the Infant Feeding team on 01902 307999 ext. 8389

**National Breastfeeding Helpline: 0300 100 0212 or Breastfeeding Network Support line: 0300 100 0210**

**For Breastfeeding support and information please scan:**

