

Postnatal Breastfeeding Booklet



Issue No: 5	Date of issue: June 2017	Review Date: March 2025
Devised by: Karen MacKay, Infant Feeding Advisor, Public Health Department, Larch House, Stoneyfield Business Park, Inverness, IV2 7PA		
We are happy to consider requests for translations in alternative languages and formats.		

Congratulations...

On choosing to breastfeed your baby and giving them the best start in life!

Should you ever require any support with breastfeeding it is important to seek professional advice. Your health professional can inform you of local Infant Feeding Support Workers or Volunteer Breastfeeding Peer Supporters in your area, or the Infant Feeding Advisor can put you in contact with a local Breastfeeding Key Worker in your area who can help.

What is a Breastfeeding Peer Supporter?

A Breastfeeding Peer Supporter is a mum who has previously breastfed her own baby and who has received additional training to allow them to give support, mainly through telephone contact, to women in the postnatal period. Some peers also run support groups, for example in Sutherland. Many are trained in additional services such as baby wearing and Bookbug. They complete the UNICEF Baby Friendly Initiative training and are compliant with NHS Highland confidentiality procedures. They have also completed NHS Highland mandatory training including child protection. You will be asked when you deliver if you would like a peer to contact you and staff receive a monthly rota to enable you to request a peer at any time of your breastfeeding journey.

What is an Infant Feeding Support Worker?

An Infant Feeding Support Worker is a member of paid staff who is line managed by the Infant Feeding Advisor within NHS Highland. These staff are fully trained in breastfeeding management and have a wide range of skills. They will visit you in your own home offering dedicated time to assist with breastfeeding. They are also trained to weigh your baby and refer any problems to the appropriate services.

There is an Infant Feeding Support Worker at Raigmore Hospital who focuses on early support and intervention. She works with the Breastfeeding Co-Ordinator Midwives.

There are Infant Feeding Support Workers in the following areas:

- Caithness
- Alness/Invergordon/Tain
- Dingwall/Beauly/Black Isle
- Fort William
- Inverness
- Sutherland
- Dunoon
- Mid Argyll
- Campbletown
- Helensburgh
- Oban

Their aim is to work with you on discharge from hospital to support your breastfeeding intention. The Infant Feeding Support Workers run support groups and many run ante natal classes too. They are based within the local maternity teams but unlike maternity services they can remain with you to help once your care is handed over to the Health Visitor. They will continue to support you for as long as you need this.

What is a breastfeeding co-ordinator?

There are two Breastfeeding Midwifery Co-ordinators based within Raigmore. They are midwives who specialise in breastfeeding and will support you on your breastfeeding journey from birth to when you are discharged home. Their role is to assist you with establishing breastfeeding in the early days using evidence based practice. They are also a link between the Peer Support Network and Infant Feeding Support Workers.

Here are the most important telephone numbers and websites that you may need.

Locally

The Acute Infant Feeding Clinic runs fortnightly. Appointments are made following a referral by your health professional.


If you are having problems seeking support, please contact your local midwives. Information can be found at the following link:

www.nhshighland.scot.nhs.uk/community-maternity-contacts






If you are a Facebook user, we have two online groups available:

- 'Highland Breastfeeding Support' and
- 'Highland Breastfeeding Support Chat'



If you were not given a Peer Supporter when you left hospital and would like one, please contact  01463 704 790.

Nationally

Parentclub website	
www.parentclub.scot/topics/health/breastfeeding	 0300 100 0212
Association of Breastfeeding Mothers	
www.abm.me.uk	 0300 330 5453
La Leche League	
www.laleche.org.uk/get-support/	 0345 120 2918
National Breastfeeding Helpline	
www.nationalbreastfeedinghelpline.org.uk	 0300 100 0212
National Childbirth Trust	
www.nct.org.uk/about-us/contact-us	 0300 330 0700

How can I tell that breastfeeding is going well?

Breastfeeding is going well when:	Talk to your midwife if:
Your baby has 8 feeds or more in 24 hours.	Your baby is sleepy and has had less than 6 feeds in 24 hours.
Your baby is feeding for between 5 and 30 minutes at each feed.	Your baby consistently feeds for 5 minutes or less or longer than 40 minutes at each feed.
	Your baby always falls asleep on the breast and/or never finishes the feed himself.
Your baby has normal skin colour.	Your baby appears jaundiced (yellow discolouration of the skin).
Your baby is generally calm and relaxed whilst feeding and is content after most feeds.	Your baby comes on and off the breast frequently during the feed or refuses to breastfeed.
Your baby has wet and dirty nappies (see chart).	Your baby is not having wet and dirty nappies (see chart).
Breastfeeding is comfortable.	You are having pain in your breasts or nipples, which doesn't disappear after baby's first few sucks. Your nipple comes out of baby's mouth looking pinched or flattened on one side.
Once your baby is 3-4 days old and beyond you should hear your baby swallowing frequently during the feed.	You cannot tell if your baby is swallowing any milk when your baby is 3-4 days old and beyond.
	You think your baby needs a dummy.
	You feel you need to give your baby formula milk.

Nappies

The contents of your baby's nappies will change during the first week. These changes will help you know if feeding is going well. Speak to your midwife if you have any concerns.

Baby's age	Wet nappies	Dirty nappies
1-2 days old	1-2 or more per day urates may be present*	1 or more dark green/black 'tar like' called meconium
3-4 days old	3 or more per day nappies feel heavier	2 or more, changing colour and consistency - brown/green/yellow, becoming looser ('changing stool')
5-6 days old	5 or more, heavy wet**	2 or more yellow, may be quite watery
7-28 days old	6 or more, heavy wet	2 or more at least the size of a £2 coin yellow and watery, 'seedy' appearance

* Urates are a dark pink/red substance that many babies pass in the first couple of days. At this age they are not a problem, however if they go beyond the first couple of days you should tell your midwife as that may be a sign that your baby is not getting enough milk.

** With new disposable nappies it is often hard to tell if they are wet, to get an idea if there is enough urine, take a nappy and add 2-4 tablespoons of water. This will give you an idea of what to look/feel for.

Notes

Notes

Produced by

