

# Te whangai ū i tō pēpi – Breastfeeding your baby

## COVERING THE BASICS – CANTERBURY MATERNITY SERVICES

Nau mai, haere mai. We welcome you to our postnatal service and look forward to sharing your early days of parenthood as you grow your whānau.

We invite you and your support people to read this 'Covering the Basics' breastfeeding information when you are ready.

Together our maternity staff, and your LMC will provide your care and in discussion with you create a feeding plan based on your current, individual needs.

We want to help you meet your breastfeeding/chestfeeding goals so please ask for the help you need. The Breastfeeding Information Board in your postnatal room provide you with information and resources to support your breastfeeding journey. Please also refer to the Whangai Ū | Breastfeeding information and support leaflet in your Well Child/Tamariki Ora book.

We hope you enjoy your stay with us.



Place pēpi in skin-to-skin contact as much as possible.



Please use the call bell to access the support you need. The midwives and nurses providing your care want you to ask them for support with breastfeeding.

### EARLY CUES - "I'm hungry"



Pēpi wakes frequently for breastfeeds. Respond to early feeding cues.



# 8+

Breastfeed frequently, at least 8 times every day – often much more.

Watch and listen for swallows.

AT LEAST once per shift, a staff member will assess your breastfeeding and review the infant feeding record to evaluate the needs of you and your pēpi.

Your midwife or nurse will show you how to fill out your infant feeding record.

If you have questions or concerns about breastfeeding your pēpi, please ask for support using the staff call bell.

Referral to a Lactation Consultant will be considered based on individual and clinical need.

## WHAT WE RECOMMEND

## WHY WE RECOMMEND

Place your pēpi in skin-to-skin contact as much as possible, especially before feeds.

*This supports your body's responses for breastfeeding, instinctive breastfeeding behaviours in your Pēpi, and so much more!*

Please use the call bell to access the support you need. The midwives and nurses providing your care want you to ask them for support with breastfeeding.

*Although breastfeeding is often referred to as 'natural' or 'normal' it is not always easy! Breastfeeding is about the development of a relationship, and a skill.*

On your phone, **Google: 'Global Health Media Project'** and watch the video '**Attaching your baby at the breast**' for more information. Or ask to watch this video on our portable iPad.

*Both you and your pēpi are learning to breastfeed. Most parents and pēpi need practice. Getting it 'right' can take some time. We are here to help you.*

Respond to the feeding cues of your pēpi – refer to the Feeding Cues poster. If your pēpi does not show feeding cues for longer than 3 hours from the beginning of the last feed, please discuss with staff.

*Being alert to the needs of your pēpi to breastfeed for food, drink, comfort and security will help you develop a good breastmilk supply.*

*Be aware that pacifier use can mask feeding cues.*

Feed your pēpi frequently. Your pēpi should feed at least 8 times over 24 hours and will often feed much more, especially over nights 2 and 3. Every 1-2 hours is normal in the early days.

*Frequent feeding is normal and helps establish and increase your breastmilk supply. Feed frequency will settle with time as your milk supply establishes.*

Watch for an effective latch and swallowing – milk transfer. Pēpi takes regular sucks and you will hear or see pēpi swallowing. Staff will show you what to look and listen for.

*The amount of swallowing will increase as your breastmilk supply 'comes in'. You can expect to feel breast changes – fullness and possibly firmness when your milk 'comes in' at around 48-72 hours after birth – sometimes earlier if you have breastfed before, and sometimes later if you have had a caesarean or have identified breastfeeding challenges.*

Ask for support if breastfeeding is painful. Your nipples may be very sensitive when pēpi first latches, but this should ease within 30 seconds. If pain persists, please use the call bell to ask for support.

*Pain caused by an incorrect latch can affect breastfeeding success and milk supply if it is not corrected.*

Complete your infant feeding record with both input (feeds) and output (nappy changes)

*This helps us all understand the feeding needs of your pēpi and assists with planning for safe care and discharge.*

**Refer to the poster 'How do I know by breastfed pēpi is getting enough to eat?'** or discuss with staff for more information about your pēpi feeds and nappies.

Before you discharge from our care, have staff:

- Supported you with breastfeeding and assessed your pēpi breastfeeding?
- Shown you how to hand express your breastmilk, discussed expressed breastmilk storage, and how to defrost expressed milk?
- Discussed where to access breastfeeding support in your community?
- Shown you how to access the Māmā Aroha App