

Te whangai ū i tō pēpi – Breastfeeding/Chestfeeding your baby

Health New Zealand
Te Whatu Ora

Covering the basics – Canterbury Maternity Services

Nau mai, haere mai. Welcome to our postnatal service!

We're excited to be with you as you start life with your new pēpi (baby).

We hope you and the people helping you will read this guide called "Covering the Basics" to learn some important things for these early days.

Our team and your Lead Maternity Carer (LMC) will take care of you and help make a feeding plan that works best for you and your pēpi.

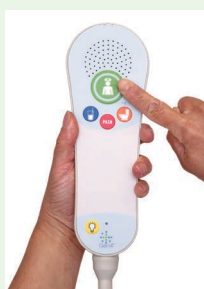
We want to support you with your breastfeeding/chestfeeding goals, so please ask us if you need help.

The information board in your room has helpful links, and there's also a pamphlet in your Well Child book you can look at.

We hope you have a good stay with us!



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



Please use the call bell to ask for help.

The midwives and nurses providing your care want you to ask them for support with breastfeeding.

We recommend you watch **"Attaching your baby at the breast"** – accessed with this QR Code.



EARLY CUES – "I'm hungry"



• Stirring



• Mouth opening



• Turning head
• Seeking/rooting

Pēpi wakes frequently for breastfeeds.

Respond to early feeding cues.



8+

Pēpi feed alot, at least 8 times every day – often much more.

Watch and listen for swallows.

Refer to the poster: "Is my pēpi (baby) getting enough to eat?"

At least once each shift, a staff member will check how feeding is going and look at your pēpi feeding record to see how you and your pēpi are doing.

We'll show you how to fill out the feeding record.

If you have any questions or worries about feeding your pēpi, please press the call bell to ask for help.

If needed, we might ask a lactation consultant to help you.

What we recommend	Why we recommend
Hold your pēpi in skin-to-skin contact as much as you can especially before feeding.	This helps your body get ready for breastfeeding/ chestfeeding and supports the natural feeding instincts of your pēpi. Plus, it has lots of other great benefits.
Please use the call bell if you need help. The staff taking care of you want to support you with breastfeeding. You can scan the QR code on the other side of this page to watch a video called "Attaching your baby at the breast" for more tips.	Even though breastfeeding is often described as "natural" or "normal," it's not always easy! Breastfeeding/chestfeeding is also about building a special connection between you and your pēpi. Both you and your pēpi are learning together, and it might take some practice. It's okay if it takes time — we're here to help!
Respond to the feeding cues of your pēpi. Check the 'feeding cues' poster on the wall to help you recognise them. If your pēpi doesn't show any feeding cues for more than 3 hours after the beginning of the last feed, please talk with staff.	Responding to the hunger cues your pēpi shows for food, drink, comfort, and security will help you build a good milk supply. Remember: using a pacifier can hide the feeding cues.
Feed your pēpi often. Your pēpi should feed at least 8 times over 24 hours, but they might feed more, especially on their 2nd or 3rd night.	Feeding every 1-2 hours is normal in the first few days. Lots of feeding helps your body make more milk. How often you need to feed your pēpi will settle as your milk supply increases.
Check that your pēpi has a good latch and is swallowing milk. The staff will show you what to look and listen for.	The amount of swallowing you hear will increase as your milk supply 'comes in'. Each māmā/parent may notice their milk coming in at different times. Usually you will see changes in your breasts or chest, or feel your milk come in when your pēpi is about 3-4 days old. If you have fed a pēpi before, this might happen sooner. If you have had a C-Section or have other challenges, it could take a bit longer.
If breastfeeding/chestfeeding hurts, ask for help. Your nipples might feel sensitive when pēpi first latches, but the discomfort should go away within about 30 seconds. If the pain doesn't stop, use the call bell to ask for help.	Pain from an incorrect latch can make breastfeeding/ chestfeeding harder and can affect your milk supply if not fixed.
Fill out your infant feeding record with your pēpi feeds and nappy changes. You can check the poster "Is my pēpi (baby) getting enough to eat?" or ask the staff about it.	This helps us to understand the feeding needs of your pēpi and helps us plan for the safe care and discharge of you both.

Before you discharge from our care, have the staff:

- Helped you with breastfeeding and checked how your pēpi is breastfeeding?
- Shown you how to hand express and explained how to safely store, defrost, and use the milk.
- Talked to you about where you can get breastfeeding support in your community?
www.canbreastfeed.co.nz

