

# Te whangai ū i tō pēpi – Breastfeeding/Chestfeeding your baby when there are identified challenges

## 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 caring for you 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 needs frequent breastfeeds/chestfeeds.

Respond to early feeding cues.

Some pēpi will need to be woken for feeds with no longer than 3 hours from the start of one feed to the start of the next.



Express by hand and/or pump to stimulate your milk supply as frequently as possible after feeding – including at least once between 1am and 5am with no longer than 5 hours between any two feeding or expressing sessions. Aim to express 8 times each 24 hours while top ups are needed.

### Human milk volume requirements

Per Feed – at least 8 times in 24 hours

Pēpi age in hours	For term pēpi	For pēpi < 37 weeks ≤ 3rd centile
0 - 24	2 - 10mL	5 - 10mL
24 - 48	5 - 15mL	10 - 30mL
48 - 72	15 - 30mL	30 - 50mL
72 - 96	30 - 60-mL	50 - 60mL
96 - 120	≥ 60 - 80 mL	≥ 60 - 80 mL
	Reference: Academy of Breastfeeding Medicine, Clinical Protocol #3	Reference: Academy of Breastfeeding Medicine, Clinical Protocol #10

8+

Your pēpi needs to be fed at least 8 times over 24 hours and needs increasing volumes every day.

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



Your pēpi will be weighed at around 72 hours after birth to help guide your feeding plan.

At least once each shift, a staff member will check how feeding is going and look at your baby's 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
If your pēpi does not latch or feed well at the breast/chest within the first 2 hours after being born, even with help from staff and skin to skin contact, they will show you how to express milk by hand or use a breast pump.	Expressing early, helps you to make more milk later on.
Hold your pēpi in skin-to-skin contact as much as you can, especially before feeding.	This helps you 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 the page to watch a video called <b>"Attaching your baby at the breast"</b> 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. Some babies may need to be woken to feed in the early days.	Responding to the 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.
Express your milk by hand or with an electric breast pump after as many feeds as you can. Staff will show you how to do it. Express by hand after using the pump, at least until your milk comes in.	Expressing often helps your body make the hormones needed to produce breastmilk. In the first few days, you might find that you get more colostrum (the first milk) by hand expressing than with the pump.
Try to express your milk often, after each feed if you can, and at least once overnight, ideally between 1am and 5am. Make sure there is no more than 5 hours between any two expressing sessions. Sometimes, your premature or small baby might need more milk than you're making at first. It's important to keep working on boosting your milk supply with frequent feeding and/or expressing.	Expressing regularly and often, along with skin-to-skin contact, helps protect and boost your milk supply for when your baby is ready to breastfeed/chestfeed. There are more milk-making hormones at night, which is why expressing during the night is so important. 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. 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.
In the first few days after birth, the food needs of your pēpi will increase. Premature or small pēpi might need more milk than you make at first. The staff taking care of you will help you with this if needed.	Human milk volume needs increase daily during the first week or so of life. See the human milk volume requirements image over the page for recommended feed volumes during the first few days.
If your baby needs more milk after feeding from you, and after giving your expressed milk, the staff will talk to you about the options available. Make sure to complete your infant feeding record with both feeds and nappy changes.	It's important that you give your informed consent if any "top-ups" are needed, such as donor milk or infant formula. You can also refer to the poster "Is my pēpi (baby) getting enough to eat?" or talk to the staff about how often your pēpi is feeding and thier output (wees and poos).
Your pēpi will be weighed after 72 hours after birth when on the maternity ward.	This, along with reviewing your feeding and infant feeding record, helps the staff plan the right care for your pēpi and make sure it's safe for you and your pēpi to go home.

### 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 store, defrost, and use the milk?
- Talked to you about where you can get breastfeeding support in your community?

