

# off to the best start

Want more helpful  
tips and information  
on breastfeeding?

Go to

[www.nhs.uk/  
start4life/  
breastfeeding](http://www.nhs.uk/start4life/breastfeeding)



If you are concerned about any of the points covered in this leaflet or would like support and help with breastfeeding, speak to your midwife or health visitor.



A good start for a healthier life

## Breastfeeding is good news for baby and you

- Breast milk is tailor-made for your baby and gives them all the nutrients they need in the first 6 months, and alongside other foods thereafter.
- Breast milk boosts your baby's ability to fight illness and infection.
- Breastfeeding lowers your risk of breast cancer and ovarian cancer, and burns about 500 calories a day.
- Breastfeeding is a great way to strengthen the bond between you and your baby.

## How to breastfeed



**1.** Hold your baby's whole body close with his nose level with your nipple.



**2.** Let your baby's head tip back a little so that his top lip can brush against your nipple. This should help your baby to make a wide open mouth.



**3.** When your baby's mouth opens wide, his chin is able to touch your breast first, with his head tipped back so that his tongue can reach as much breast as possible.



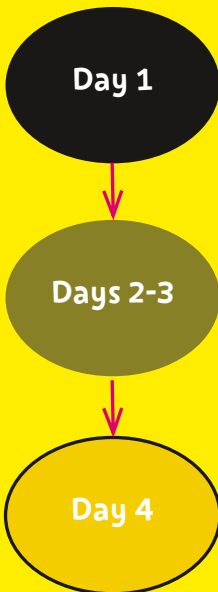
**4.** With his chin firmly touching your breast and his nose clear, his mouth is wide open. There will be much more of the darker skin visible above your baby's top lip than below his bottom lip. Your baby's cheeks will look full and rounded as they feed.

For information on how to express and store milk visit: [unicef.uk/handexpression](https://www.unicef.uk/handexpression)

## Signs that your baby is feeding well

- Your baby has a large mouthful of breast.
- It doesn't hurt you when your baby feeds (although the first few sucks may feel strong).
- Your baby rhythmically takes long sucks and swallows (it is normal for your baby to pause from time to time).
- Your baby finishes the feed and comes off the breast on his or her own and your breasts and nipples should not be sore.

## How do I know my baby is getting enough milk?



- Your baby should be back to his birth weight by 2 weeks and then continue to gain weight.
- In the first 48 hours, your baby is likely to have only 2 or 3 wet nappies. Wet nappies should then start to become more frequent, with at least 6 every 24 hours from day 5 onwards.
- At the beginning, your baby will pass a black tar-like stool (poo) called meconium.
- By day 3, this should be changing to a lighter, runnier, greenish stool.
- From day 4 and for the first 4 - 6 weeks your baby should pass **at least 2 yellow stools a day**.
- If your baby has not pooped in the last 24-48 hours, speak to your midwife or health visitor as this can mean they are not getting enough milk.
- Most babies pass lots of stools and this is a good sign. Remember, it's normal for breastfed babies to pass loose stools.
- Your baby should be content and satisfied after feeds and will come off the breast on his or her own.

# Good to know

- Your baby does not need any other food or drink for around 6 months.
- Using a dummy can interfere with getting breastfeeding established

## Get the help you need

The following can provide support and can help you find a peer supporter.

### National Breastfeeding Helpline


 0300 100 0212\*

[www.nationalbreastfeedinghelpline.org.uk](http://www.nationalbreastfeedinghelpline.org.uk)

Staffed by volunteers from:

- Association of Breastfeeding Mothers  
[www.abm.me.uk](http://www.abm.me.uk)
- The Breastfeeding Network  
[www.breastfeedingnetwork.org.uk](http://www.breastfeedingnetwork.org.uk)

### The Breastfeeding Network Supportline in Bengali/Sylheti

 0300 456 2421\*

### NCT Helpline

0300 330 0771\*

[www.nct.org.uk](http://www.nct.org.uk)

### La Leche League

 0345 120 2918\*

[www.laleche.org.uk](http://www.laleche.org.uk)

### Start4Life

 0300 123 1021\*

Signs your baby is feeding well

[www.nhs.uk/breastfeedingwell](http://www.nhs.uk/breastfeedingwell)

### Breastfeeding videos

[www.nhs.uk/breastfeedingvideos](http://www.nhs.uk/breastfeedingvideos)

For practical ways partners can help visit: [www.nhs.uk/partnerbreastfeeding](http://www.nhs.uk/partnerbreastfeeding)

Find out more and sign up for free emails from the Start4Life Information Service for Parents throughout your pregnancy and as your baby grows at

[www.nhs.uk/start4life](http://www.nhs.uk/start4life)

## Useful resources

- Building a happy baby leaflet  
[unicef.uk/happybaby](http://unicef.uk/happybaby)
- Meeting your baby for the first time video  
[unicef.uk/meetingbaby](http://unicef.uk/meetingbaby)
- Caring for your baby at night leaflet  
[unicef.uk/caringatnight](http://unicef.uk/caringatnight)
- Maximising breastmilk video  
[unicef.uk/maximisingbreastmilk](http://unicef.uk/maximisingbreastmilk)
- Hand expression video  
[unicef.uk/handexpression](http://unicef.uk/handexpression)
- Importance of relationship building video  
[unicef.uk/relationshipbuilding](http://unicef.uk/relationshipbuilding)
- Breastfeeding and relationships in the early days video  
[unicef.uk/breastfeedingearlydays](http://unicef.uk/breastfeedingearlydays)

\*Calls to 03 numbers cost no more than a national rate call to an 01 or 02 number and must count towards any inclusive minutes in the same way as 01 and 02 calls. The National Breastfeeding Helpline is open from 9.30am to 9.30pm. The Start4Life lines are open from 9am – 8pm Monday to Friday and 11am-4pm at the weekends. Both are open 7 days a week.