

Your concise, easy-read..

Issue 14

MOTHERS & others GUIDE

www.mothersguide.co.uk



Parenting and Feeding from Conception to Weaning



NICE recommends UNICEF Baby Friendly Initiative as a minimum standard for maternity providers. This booklet conforms with these standards.

See page 2 for details

Welcome to this magazine. We hope you find it useful.

It has been designed to give you brief, key information you need to know about making your feeding choice, building strong bonds and caring for your new baby. We do not expect you to absorb it all at once but gradually during your pregnancy. Keep it handy for use after birth.

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These sections are for all parents regardless of how you may ultimately choose to feed your baby.

These sections provide you with additional information to help you consider breastfeeding and to help you breastfeed successfully.

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CONTINUED FROM PAGE 1. NICE guideline CG37 recommends that all maternity care providers (whether working in hospital or in primary care) should implement an externally evaluated, structured programme that encourages breastfeeding, using the Baby Friendly Initiative as a minimum standard. 16 Jul 2013- updated 2015. Interventions and advice about breastfeeding for women who may become pregnant, or who are pregnant or breastfeeding: NICE Pathways bring together everything NICE says on a topic in an interactive flowchart. NICE Pathways are interactive and designed to be used online. They are updated regularly as new NICE guidance is published. To view the latest version of this NICE Pathway see: <http://pathways.nice.org.uk/pathways/maternal-and-child-nutrition> NICE Pathway last updated: 06 November 2019.

Breastfeeding Positions

Getting off to a good start

If you choose to breastfeed:-

KEY POINTS

C - Close to mum

H - Head free

I - In a line

N - Nose to Nipple

Each mother and baby are a unique feeding couple. How you hold and feed comfortably will depend very much on you and your baby as individuals.

KEY POINTS FOR ANY POSITION USED

- Make sure you are in a position that will remain comfortable for the duration of the feed with:-
- Baby's head and body in a straight line so they can tilt their head back and swallow easily.
- Baby held close.
- Baby's nose to your nipple. This allows them to take a big mouthful of breast from underneath the nipple.

Here are some of the most commonly used holds.

The laid back approach i.e. biological nurturing



This 'laid back' posture helps babies initiate a natural reflex to breastfeeding. This is when you instinctively hold and cuddle your baby in a natural way. This can be prone with your baby lengthways, sideways or slanting.

Cradle hold



This is the position that mothers spontaneously use. Your baby is turned towards your body and their shoulders are supported on your forearm to allow their head to tilt back so they can open their mouth wide and attach.

Cross cradle hold



This is a hold successfully used by many first time breastfeeding mothers. You may find it easier to support and guide your baby to your breast. Once they are feeding, it will be more comfortable to bring your other arm to rest under the arm which supports your baby's body. Start off holding your baby horizontally with their nose opposite your nipple. Turn them towards you. Support your baby's back. They should be able to tilt their head back easily and they shouldn't have to reach out to feed.

TOP TIP If your arms need supporting put a cushion under after your baby is attached.

Early Days

Early Days and Beyond

Following on from your pregnancy, your baby still needs to be close, and needs your help to manage stressful situations in the early days, weeks and months. They may cry for cuddles. Do not be afraid to cuddle, stroke or talk to your baby, this will help them feel safe and secure.

A study showed that stress levels among babies were raised when they were alone, and that they were much less likely to sleep soundly.

Babies respond to stress by producing high levels of a hormone called cortisol. When babies are cared for sensitively and responsively, stressful situations become much less likely to provoke such high increases. Maintaining low levels can encourage optimal brain development.

HOW CAN I KEEP THEIR CORTISOL/STRESS LEVELS LOW?

Be responsive to your baby. Observe your baby's cues, offer comfort whenever they need and avoid leaving them to cry for prolonged periods.

You can't spoil a baby with lots of love and cuddles! Breastfeeding can quickly soothe a baby. It's not just for nutrition but for love too!

TOP TIP Healthy term babies may not feed very much in the first 48 hours; they have energy stores that they can use to provide food. Babies' systems are not designed to take large amounts of fluid during the early days, as their kidneys are very immature.

IF YOU CHOOSE TO BREASTFEED, IT MAY BE USEFUL TO KNOW THESE POINTS

- Your breast will provide the exact amount of colostrum that your baby needs, so do not feel that there is 'not enough there'.
- Your midwife will offer help with the second breastfeed within six hours of birth. Pain relief given in labour (e.g. pethidine or morphine) can make babies sleepy. If you feel that your baby needs extra encouragement to feed, it can be helpful to offer them a feed at regular intervals and if necessary give them hand expressed colostrum.
- Breastfeeding should be a rewarding and satisfying experience for both you and your baby. However some mothers and babies need a little more help than others.
- Each mother/baby partnership is unique and even mothers who have successfully breastfed before may need a little help.
- All babies differ in their need and therefore each mother/baby experience will be different. Knowing what is normal and why it is happening helps mothers develop their own coping strategies.

- Your midwife/neonatal nurse will give you extra information if your baby is small, premature or ill.

Building strong bonds

Whether you choose to bottle feed or breastfeed, your baby should stay with you all the time in hospital and at home. This will help you to get to know each other and enable you to recognise your baby's early feeding signals, before they cry.

AT HOME

Life with a new baby can be quite bewildering particularly in making choices about parenting. There's a huge number of parenting books that have differing views.

Many parents worry about how they are relating to their baby, from recognising their needs and developing a good bond to fears about 'spoiling' their baby by responding to their cues. You may be confused by conflicting advice from friends, family, professionals and parenting experts.



Happy toddler, happy baby. Win win situation!

Research says that it's impossible to spoil a baby. Babies cry for a reason and do not have the skills or capacities to intentionally 'control' their behaviour. The part of the brain that is responsible for this doesn't mature until toddlerhood.

Humans need prolonged physical contact to grow, develop and thrive. 'Hugging' is an instinctive way to soothe and comfort your baby. Just hold your baby's front against your front. They will find this more natural than being cuddled on their back.

Care that is loving, responsive, consistent and secure enables babies to develop, learn about the world, feel safe, loved and looked after. This is an ideal way for your child to develop positive relationships and for their brain to develop in the best possible way.

Dads' & Partners' Page

The family unit is changing and diverse family structures are more common in the UK today. However the core support a new mother needs hasn't changed.

How can a Partner help?

During her pregnancy learn as much as you can about feeding your new baby. Take a look at the section on feeding. Unless your partner is having a baby through surrogacy, all women should have the opportunity for a discussion with a health professional, at some point during pregnancy. This can take place as part of routine antenatal care or as part of a class. This will help you both to make an informed choice about feeding your new baby. Try and attend this session if you can

This discussion will be about feeding and recognising and responding to your baby's cues and needs. You both will be encouraged to 'connect' with your growing baby in utero (stroking, talking, singing etc).

Look at pages 4-5 for some interesting breastfeeding facts that you may not be aware of. There is also information about Formula feeding (pg 7).

Whatever feeding method you choose you will be supported in that choice. Parents who ultimately choose to formula feed are given information on choosing milks and making up feeds and given help to feed safely and responsively.

Do I need to know about breastfeeding if my partner chooses to?



There is much scientific evidence showing that breastfed babies are healthier and fitter for their whole life. The more support and encouragement you give, the more confident your partner will feel, and the longer she will breastfeed for. It is proven that mothers are more likely to start and continue breastfeeding when partners actively participate in the decision, understand the benefits and apply a positive attitude. When she's breastfeeding you can help with getting her comfortable and offer cushions etc once the baby is feeding.

Having a baby is the tiring bit, not the breastfeeding! A new mother has just been through one of the most exhausting, stressful but exciting experiences of her life. It's no wonder she needs time to rest and recuperate. Some couples choose to express some milk so their partner can feed. Ideally wait a few weeks until breastfeeding is going well as early introduction of bottles may affect your baby's ability to breastfeed well. Some mothers don't ever want to do this, so talk about it before your baby is born. Discuss her breastfeeding goals so you know in advance.

Other ways a partner can help?

- Take as much time off work as you can.
- Be around to take over some household chores.
- DON'T refuse help from anyone that offers to clean, cook or shop. It will allow you all to spend time together as a family.
- Encourage your partner to trust her own maternal instincts.
- Remember the uniqueness of each other's role, as you will form your own individual relationship with your baby.
- If she's having difficulties, encourage her to ask for help from a professional, or phone the breastfeeding helplines - it's easier to solve problems early on.
- Keep this guide handy so you can refer to it. You'll find the Helpline Numbers on the back page.
- Be her gatekeeper. Keep an eye on how many visitors you receive, and how long they stay for. A note on the front door stating "we are all fine but are resting at present" can really help!
- Provide regular food and drink for your partner. This will keep her energy levels up. Before the baby arrives, make sure you have a week's meals in the freezer.
- Encourage her to sleep when your baby sleeps.
- Try to shield her from well-meaning but unhelpful advice. Even the friendliest words can be too much if given at the wrong time.
- Be patient. New mothers have fluctuating hormones. One minute laughing the next crying.
- Encourage her to keep breastfeeding. Tell her what a great job she's doing. When the midwife/health visitor calls stay and be involved in the discussions.

Build your own bond

Build your own special baby bond. Talk, sing, play, read, take out for walks. Your baby's brain begins to grow before birth. During the first 3 years it grows the most. At birth your baby has 100 billion brain cells but few connections between these cells. When you respond to your baby in a loving way you can help their brain connections to be made. Try to respond when your baby cries. You won't spoil them. It will help them feel secure and safe.

Skin-to-skin is a perfect way to bond with your baby. For a mum, the familiarity of her scent includes that of her milk. Babies often settle happily with a partner, as the smell of mum's milk can be distracting at times. You will find that your baby will recognise your voice and will love skin to skin contact with you too at any time, not just after birth.

Wear a baby sling (see pg 20). Babies love ambient noise, so you can give mum a break by putting on the sling and getting the vacuum cleaner out! It also makes it easy to take your baby out for a walk.

Share bath time. Your baby will feel really relaxed in the water with you.

Change nappies. Make the most of eye contact by talking and smiling.

Arrange to go out as a family. Short trips at first. If she is breastfeeding there's no need to worry about transporting formula, taking bottles or sterilisers.

You're never alone



NATIONAL NUMBERS FOR LOCAL BREASTFEEDING/PARENTING SUPPORT

National Breastfeeding Helpline (web chat available)	0300 100 0212
National Childbirth Trust (8am-Midnight)	0300 330 0700
La Leche League	0345 120 2918
Breastfeeding Network	0300 100 0212
Supporter Line in Bengali বাংলা ভাষায় সাহায্য পাওয়ার ফোন নাম্বার:	0300 456 2421
Supporter Line in Sylheti সিলেটি ভাষায় সাহায্য পাওয়ার ফন নম্বর:	0300 456 2421
Association of Breastfeeding Mothers	0300 330 5453
FFLAG Helpline	0845 652 0311

WEBSITES FOR FURTHER INFORMATION:

- 1 www.nct.org.uk
- 2 www.feedgoodfactor.org.uk
- 3 www.laleche.org.uk
- 4 www.breastfeedingnetwork.org.uk
- 5 www.abm.me.uk
- 6 www.tonguetie.net
- 7 www.tongue-tie.org.uk
- 8 www.breastfeeding.nhs.uk
- 9 www.multiplebirths.org.uk
- 10 www.babywearing.co.uk
- 11 www.babyfriendly.org.uk
- 12 www.thebabycafe.co.uk
- 13 www.nhs.uk/start4life
- 14 www.lcgb.org
- 15 www.kellymom.com
- 16 www.basisonline.org.uk
(sleep information website)

BREASTFEEDING APPS

- 1 Breast start

FURTHER INFORMATION FOR DADS/PARTNERS

Guide for new dads: www.fatherhoodinstitute.org.uk

A Dad's Guide to Breastfeeding (men need to know about it too!) Brighton and Hove

Fathers and Breastfeeding: NCT, 2010 - NCT Information Sheet

Dads are Special leaflet, La Leche League

www.fflag.org.uk/portfolio-item/gay-lesbian-parenting

BREAST PUMP HIRE (FEEDING CUPS SUPPLIERS)

Medela UK

0161 7760400

Ardo Medical Ltd

01823 336362

Find out about your local Children's Centres.

They can be useful to:

- Ask for any help and support.
- Help you and your baby socialise.
- Discuss any concerns.
- Offer one to one support in your home.

They also have many drop in, stay and play sessions that are open to all.

Contact your professional for more information about what you have in your area.



Written by Mandy Abbott. I, Mandy Abbott assert my ownership, intellectual property rights and copyright to the material in this issue 14. ©

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