

Parent's Guide to Infant Feeding

Congratulations on your pregnancy.

As your pregnancy progresses, your thoughts will turn to caring and feeding your baby once they arrive. Here at the Royal Devon and Exeter hospital, we believe that breastfeeding is the healthiest way to feed your new baby.



Therefore we wish to provide you with the information and support you require to enable you and your baby to breastfeed successfully.

All midwives and support workers have undertaken training in line with the UNICEF Baby Friendly Initiative, in order to fully support you and your baby.

Irrespective of how you decide to feed your baby, we encourage all mothers and babies have a period of skin contact soon after the birth. This will help your baby in its transition from the womb, calm both mother and baby and keep your baby warm. We will not hurry you at this special time, unless there is an urgent medical need.

Each new mother will need different information and support in the first few days and weeks, so please do not hesitate to ask lots of questions. We are here to help.

Aspects that commonly occur are:

- positioning the baby for feeding
- support with latching the baby to the breast
- knowing your baby is getting enough milk,
- how to hand express your milk

There is on-going support in the community setting from the midwifery teams and for more complex issues, Infant Feeding Coordinators are also available.

If you decide not to breastfeed or to partially breastfeed, we wish to provide you with information and support for you to do this in the most effective way for your baby.

This may include:

- ways to hold your baby for feeding
- reading your baby's cues
- preparation of the formula

During your pregnancy, your midwife will discuss your thoughts and feelings about feeding your baby and provide any further information you need to make your decision. You do not need to rush this decision. Sometimes your feelings will change throughout your pregnancy, and in the first few hours and days after you baby arrives.

If you have any questions, please discuss with your community midwife initially who will seek further support for you as required.

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by RD&E staff undertaking procedures at the RD&E hospitals.

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