

## Top tips for successful breastfeeding

We cannot see the quantities of milk a baby is receiving when we breastfeed. This causes worry in many mothers. However, this is not a problem because we can tell that a baby is getting enough milk by noticing other very important signs.

### What goes in must come out

- At the start of life, on days 0-2 your baby should have at least **1-2 black sticky black/ green** poos and **1-2** wet nappies.
- By days 3-4, your baby should have at least **2 less sticky, greeny brown** poos and at **least 3 heavier** wet nappies.
- By days 5-6, your baby should have at least **2 or more yellow** poos and at **least 5-6 heavier** wet nappies
- By day 7 until around 4 weeks old, your baby should have **at least 2 poos at least the size of a £2 coin, and 6 heavy wet nappies** in a 24-hour period.

### Colour is important

- Is your baby's poo **changing colour** appropriately?
- If your baby's poo does not begin to **change colour on day 3**, speak to your midwife.

### Contented at the breast

- A **contented baby** is a baby that has a nice full tummy.
- Babies should **stay on the breast** when they have attached, and not come on and off.
- A baby that **wakes appropriately** for feeds and **settles following feeds** is **feeding effectively**.

### Weight gain

- In order for a baby to **put on weight**, they need to be receiving **good quantities of breastmilk**.
- Babies lose weight at first, as they have extra fluid when they are born. They lose this by passing urine in the first few days.
- The normal amount of weight loss is around **5-7% on day 3**. After that, babies usually gain at least 25g in a 24-hour period. Babies should be back to their birthweight by around 10-14 days old.
- If you are concerned about your baby's weight, please speak to your midwife.

### **Responsive feeding**

- Babies do not follow a strict feeding pattern. It is normal for a baby to feed **3-4 times in the first 24 hours of life**. After this, babies usually feed **at least 8 times in a 24-hour period**. Your baby will tell you when they want feeding by **displaying feeding cues**.
- Babies will not only feed for hunger, but also **for comfort, love, warmth, and protection**. This is perfectly normal and is a sign of a healthy baby. Allowing your baby to feed for comfort will aid their **brain development**.
- It is not possible to over feed a breastfed baby.
- It is also a good idea to feed if your breasts feel full or if you or your baby need to rest or relax.

### **If you are finding things difficult**

- **You are not alone**. Breastfeeding is a skill that takes time, and your baby learns to feed.
- Sometimes there are problems with mum and/or baby that make breastfeeding difficult. These include engorgement (when your breasts feel hard, hot, or tight), mastitis (where a blocked milk duct can lead to redness, swelling and sometimes infection in the breast), worries about milk supply, sore nipples and breastfeeding whilst on medication. Some babies will have additional needs, such as problems with sucking, jaundice, weight loss and/or a restrictive lingual frenulum (tongue tie). **All our staff are trained to help you** overcome these difficulties where possible.

- We have a **Specialist Infant Feeding Clinic** every week that is run by an Infant Feeding Midwife, please ask your Community Midwife if you feel you need a referral to see a specialist. In the first instance you will be seen by an Infant Feeding Keyworker.
- We also have a very effective **restrictive lingual frenulum (tongue tie) service** available. **Please ask your midwife if you have any concerns.**

## Vitamin D

Vitamin D is important for health and our main source is from sunlight. The Department of Health recommends that everyone over the age of one year (including pregnant and breastfeeding women) should take 10 micrograms (mcg) of vitamin D supplement daily. Also, as a precaution, all breastfed babies from birth up to one year of age should also be given a Vitamin D supplement. Please see recommended doses below:

**Baby: 8.5 to 10 mcg vitamin D per day.**

**Mother: 10 mcg vitamin D per day.**

