

Baby and you: Your breastfeeding journey

Here's how you and your partner can get breastfeeding support from pregnancy to birth and beyond. Your midwife will be able to support you in your journey.



12 weeks

Make sure that you:

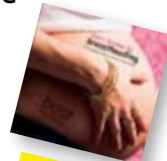
- Read **The Pregnancy Book** from **your midwife** or download at www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_107302
- Discuss Healthy Start with **your midwife**
- Have an invitation from your midwife to an antenatal breastfeeding session
- Have information about activities at your local **Children's Centre**



HEALTHY START

By 34 weeks

- Have a 'one-to-one' and discussions on breastfeeding with **your midwife**
- Watch the DVD **From bump to breastfeeding** at www.bestbeginnings.org.uk
- Read the **Start4Life: Off to the best start** leaflet
- Going back to work? Talk to **your employer** about returning to work and breastfeeding



The birth

Make sure that you have:

- Skin to skin contact with your baby, straight after the birth
- Help with your first breastfeed and how to recognise your baby's feeding cues
- More help with breastfeeding in the first six hours after birth
- Your baby in the same room as you, so that you can breastfeed easily and baby stays safe next to you
- Help learning how to position and attach your baby at the breast
- Help learning to hand express milk

Taking your baby home

- Make sure that you get plenty of support from **your partner, family and friends**
- Get lots of **skin-to-skin contact** with your baby; it also helps breastfeeding
- Avoid teats and dummies as they interfere with breastfeeding
- Keep your baby in the same room as you at night so that you can breastfeed easily; ask **your midwife** or **health visitor** for more information
- Ask for information on how you will know that your baby is getting enough milk, e.g. they should have lots of wet and dirty nappies and be gaining weight
- Talk to **your midwife, health visitor** or **peer supporter** about breastfeeding at home and while you are out and about
- Visit your local **Children's Centre** and a breastfeeding drop-in to find out what activities are on offer for you and your baby, and to meet other mums who breastfeed
- Download **Birth to Five** at www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_107303



For more breastfeeding information, tips, mothers' real-life stories go to: www.nhs.uk/breastfeeding

If you bottle feed your baby, make sure that you get information from your midwife, health visitor or doctor on **how to reduce the risks** when you prepare infant formula, sterilise equipment and bottle feed.

DVD **From bump to breastfeeding** – watch or view clips online at: www.bestbeginnings.org.uk/about-from-bump-to-breastfeeding/d6d683d6-393b-4938-aae4-411eeede757 or www.nhs.uk/breastfeeding

View the booklets listed above **and** this breastfeeding journey online at: www.nhs.uk/parenting-pamphlets

Call the **National Breastfeeding Helpline** for help and information on **0300 100 0212**.

