

# 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](http://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](http://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](http://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](http://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](http://www.bestbeginnings.org.uk/about-from-bump-to-breastfeeding/d6d683d6-393b-4938-aae4-411eeede757) or [www.nhs.uk/breastfeeding](http://www.nhs.uk/breastfeeding)

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

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

