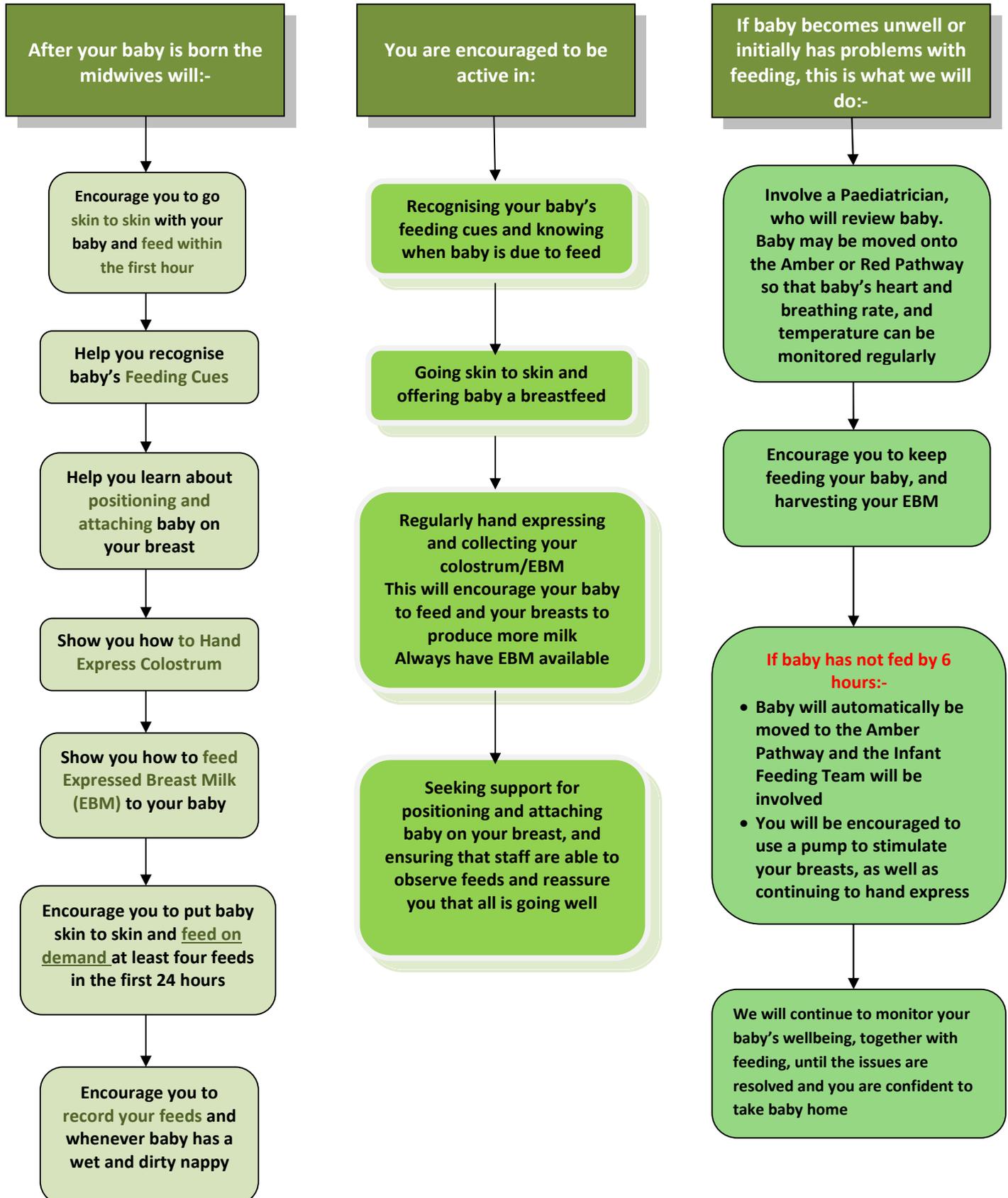


Your baby is on the
Green Bobble Hat Pathway



As long as you are well and mobile, and baby is well and has been observed feeding effectively your stay with us may be brief





How can I tell that breastfeeding is going well?



Breastfeeding is going well when:	Talk to your midwife / health visitor if:
Your baby has 8 feeds or more in 24 hours	Your baby is sleepy and has had less than 6 feeds in 24 hours
Your baby is feeding for between 5 and 40 minutes at each feed	Your baby consistently feeds for 5 minutes or less at each feed Your baby consistently feeds for longer than 40 minutes at each feed
	Your baby always falls asleep on the breast and/or never finishes the feed himself
Your baby has normal skin colour	Your baby appears jaundiced (yellow discolouration of the skin)
Your baby is generally calm and relaxed whilst feeding and is content after most feeds	Your baby comes on and off the breast frequently during the feed or refuses to breastfeed
Breastfeeding is comfortable	You are having pain in your breasts or nipples, which doesn't disappear after the baby's first few sucks. Your nipple comes out of the baby's mouth looking pinched or flattened on one side
When your baby is 3-4 days old and beyond you should be able to hear your baby swallowing frequently during the feed	You cannot tell if your baby is swallowing any milk when your baby is 3-4 days old and beyond
	You think your baby needs a dummy
	You feel you need to give your baby formula milk

Babies Nappies

Baby's age	Wet nappies	Dirty nappies
1-2 days old	1-2 or more per day	1 or more dark green/black 'tar like' called meconium
3-4 days old	3 or more per day nappies feel heavier	At least 2, changing in colour and consistency – brown/green/yellow, becoming looser ('changing stool')
5-6 days old	5 or more Heavy wet	At least 2, yellow; may be quite watery
7 days to 28 days old	6 or more heavy wet	At least 2, at least the size of a £2 coin yellow and watery, 'seedy' appearance

Breastfeeding support once you're home:

If you are worried about feeding:

Contact your community midwife

Email the ASPH Infant Feeding Team asp-tr.infant-feeding@nhs.net

Contact the pregnancy advice line open 24/7 on 0300 123 5473

Contact the national breastfeeding helpline on 0300 100 0212

Community peer support groups:

Mondays: 10.30-12.30 Revive Coffee Shop, **CHERTSEY** 99 Guildford Street KT16 9AS (join Little Lights Facebook page for tickets)

Tuesdays: 12.30-14.30 Moorcroft Community Centre **WOKING** Old School Place GU22 9LY (drop in)

Wednesdays: 11am-3pm Weybridge Maternity Hub **WEYBRIDGE** Churchfield Pavillion, Churchfield Rd KT13 8BZ (appointment only)

Thursdays: 12.30-14.30 Ashford Maternity Hub **ASHFORD** Ashford Hospital, London Road TW15 3AA (drop in)

Fridays: 12.00-14.00 St John's Church **EGHAM** Manor Farm Lane TW20 9HR (drop in)

Fridays: 9am-5pm Tongue Tie Clinic **ST PETER'S HOSPITAL** (appointment only)

Useful resources for feeding your baby:

Hand expressing and positioning and attachment plus much more:

<https://globalhealthmedia.org/videos/>

Deep breast compressions:

<https://www.youtube.com/watch?v=4OelwYDaLxQ>

Bottle feeding:

https://www.unicef.org.uk/babyfriendly/wpcontent/uploads/sites/2/2008/02/start4life_guide_to_bottle_feeding.pdf