

King's

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King's College Hospital London

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*Information for Mothers*

BREASTFEEDING

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## BREASTFEEDING

After your baby is born holding your baby against your skin straight after birth will calm your baby. It will also steady his breathing and help to keep him warm.

This is a great time to start your first breastfeed because your baby will be alert and will want to feed in the first hour after birth. Your midwife can help you with this.

Your baby will be happier if you keep him near you and feed him whenever he is hungry. This will remind your body to produce plenty of milk.

It is fine to feed your baby when he needs comforting, when your breasts feel full or when you just want to sit down and have a rest. It is not possible to over feed a breastfed baby.

## WHAT POSITION SHOULD YOU USE?

There are lots of different positions for breastfeeding. You just need to check the following:

- Is your baby's head and body in a straight line?
- If not, your baby might not be able to swallow easily.
- Are you holding your baby close to you?
- Support his neck, shoulders and back. He should be able to tilt his head back easily, and he shouldn't have to reach out to feed.

## IS YOUR BABY'S HEAD AND BODY IN A STRAIGHT LINE?

If not, your baby might not be able to swallow easily.

## ARE YOU HOLDING YOUR BABY CLOSE TO YOU?

Support his neck, shoulders and back. He should be able to tilt his head back easily, and he shouldn't have to reach out to feed.

## ARE YOU COMFORTABLE?

It's worth getting comfortable before a feed, although it's ok to change your position slightly once your baby is attached to your breast.

## IS YOUR BABY'S NOSE OPPOSITE YOUR NIPPLE?

Your baby needs to get a big mouthful of breast from underneath the nipple. Placing your baby with his nose level with your nipple will allow him to reach up and attach to your breast well.

## FOUR MAIN TIPS FOR POSITIONING AND ATTACHMENT

1. Hold your baby's whole body close with his nose level with your nipple.
2. Let your baby's head tip back a little so that his top lip can brush against your nipple. This should help your baby to make a wide-open mouth.
3. When your baby's mouth opens wide, his/her chin is able to touch your breast first, with his head tipped back so that his tongue can reach as much breast as possible.
4. With his chin firmly touching and his nose clear, his mouth is wide open and there will be much more of the darker skin visible above your baby's top lip than below his bottom lip. Your baby's cheeks will look full and rounded as they feed.

## SIGNS THAT YOUR BABY IS FEEDING WELL

- Your baby has a large mouthful of breast
- Your baby's chin is firmly touching your breast
- It doesn't hurt you when your baby feeds (although the first few sucks may feel strong)
- If you can see the dark skin around your nipple, you should see more dark skin above your baby's top lip than below your baby's bottom lip
- Your baby's cheeks stay rounded during sucking
- Your baby rhythmically takes long sucks and swallows (it is normal for your baby to pause from time to time)
- Your baby finishes the feed and comes off the breast on his or her own



## HOW DO I KNOW MY BABY IS GETTING ENOUGH MILK?

- Your baby should be healthy and gaining weight after the first 2 weeks.
- In the first 48 hours, your baby is likely to have only 2 or 3 wet nappies. Wet nappies should then start to become more frequent, with at least 6 every 24 hours from day 5 onwards.
- At the beginning, your baby will pass a black tar-like stool (poo) called meconium. By day 3, this should be changing to a lighter, runnier, greenish stool that is easier to clean up. From day 4 and for the first few weeks your baby should pass 2 or more yellow stools a day. Most babies pass lots of stools and this is a good sign. Remember, it's normal for breastfed babies to pass loose stools.
- Your baby should have at least six wet and two dirty nappies a day, and the amount of poo varies from baby to baby. If you are concerned your baby is not getting enough milk, speak to your midwife or health visitor.
- Your breasts and nipples should not be sore. If they are, do ask for help.
- Your baby will be content and satisfied after most feeds and will come off the breast on their own

IF YOU ARE CONCERNED  
ABOUT ANY OF THESE  
POINTS, SPEAK TO YOUR  
MIDWIFE OR DOCTOR

King's College Hospital Dubai Hills  
King's Marina Medical Centre  
King's Jumeirah Medical Centre

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