



# Fact Sheet

## Postnatal Services

### 7 Quick Tips for Breastfeeding Success

- 1** Breastfeeding is instinctive for babies, but if mum has received strong pain-relieving medication baby may be sleepy and struggle to feed. Offering the breast often ensures baby has the opportunity to feed and stimulate supply.
- 2** If breastfeeding hurts, the baby's attachment is not quite right. It doesn't matter how many people look and say 'it looks OK', if it hurts it is NOT OK.
- 3** Maybe something as simple as sitting in a different chair can make breastfeeding more comfortable. (The expensive rocker chairs aren't always good feeding chairs.)
- 4** You might find that putting your feet up against a stool helps you to hug your baby closer enabling a more comfortable attachment.
- 5** If your baby isn't settled after a feed it may be appropriate to give another top-up at the breast rather than a bottle (the more often a baby feeds the more milk mum makes).
- 6** Breastfeeding is a learned skill for mums and don't be surprised if it takes up to 6 weeks to be confident with it.
- 7** See the same midwife/lactation consultant before and after birth. Having continuity of care helps to limit conflicting views, and ensure your advice is consistent.

Having a baby is an exciting time but it's also normal to feel mixed emotions as you adapt to the change in lifestyle, sleep patterns and relationship dynamics. Both parents can find it challenging but with good support from family, friends and professionals you will adapt over the first 12 weeks. I can help make this transition easier by supporting the whole family with consistent, compassionate and empathic advice.