

Baby Feeding Policy

Birmingham Women's Health Care
NHS Trust

Edgbaston, Birmingham B15 2TG
Telephone: 0121 472 1377
Fax: 0121 627 2602

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Patient Information

Aims

We support the right of all parents to make informed choices about infant feeding. All our staff will support you in your decisions.

We believe that breastfeeding is the healthiest way to feed your baby and recognise the important benefits which breastfeeding provides for both you and your child.

We therefore encourage you to breastfeed your baby.

Ways in which we will help mothers to breastfeed successfully

- All the staff have been specially trained to help you to breastfeed your baby
- During your pregnancy, you will be able to discuss breastfeeding individually with a midwife, health visitor or breastfeeding counsellor who will answer any questions you may have. Breastfeeding classes are available.
- We recommend that you cuddle your new baby, his skin against yours, as soon as possible after the birth, however you choose to feed your baby. The staff will not interfere or hurry you but will be there to support you and help you with the baby's first breastfeed
- A member of the hospital staff will be available to explain how to put your baby to the breast and help with feeds in the early days. A health visitor or breastfeeding counsellor will provide support later on
- We will show you how to express your breastmilk and we will give you a written sheet about this
- We recommend that you keep your baby near you whenever you can so that you can get to know each other. We will give you information and advice about bed-sharing and infant safety. If any medical procedures are necessary in hospital, you will always be invited to accompany your baby
- We will encourage you to feed your baby whenever s/he seems to be hungry
- We recommend that you avoid using bottles, dummies and nipple shields while your baby is learning to breastfeed. This is because they can make it more difficult for your baby to learn to breastfeed successfully and for you to establish a good milk supply
- Most babies do not need anything other than breastmilk until they are around 6 months old. If for some reason your baby needs some other food or drink before this, the reason will be fully explained to you by the staff
- We welcome breastfeeding in most areas of our premises. If you would prefer somewhere private, there are breastfeeding rooms available, please ask a member of staff
- We will give you a list of people who you can contact for extra help and support with breastfeeding, or who can help if you have a problem

For further information please contact the Infant Feeding Team Ext 6909 or direct line 0121 623 6909.