

BREASTFEEDING

where can I get help ?

This leaflet is produced by **Deddington Health Centre** in response to feedback from local mums. This is also found on the website under services › pregnancy.

Breastfeeding is an **incredibly rewarding** experience and has **significant benefits** for you and your baby.

For most women, it is a very positive experience and many go on to feed their baby for as long as they or their baby wants to.

However, some women may find breastfeeding difficult and it might be helpful to be aware of some potential challenges, as well as where to know where to get support and information.

Free antenatal infant feeding workshops are currently run at the Cotswold Birth Centre (Chipping Norton) and by La Leche League in Bloxham (see below).

See also the '**off to the best start**' leaflet given to you after your baby is born or refer to <http://oxfordbreastfeedingcliniclegacy.org.uk/media/pdfs/5057Pbreastfeeding.pdf>

CONTENTS

LATCH

DISCOMFORT

CONSTANT FEEDING

LOW MILK SUPPLY

INFECTIONS

TONGUE TIE

LOCAL SUPPORT

USEFUL WEBSITES

USEFUL PHONE NUMBERS



LATCH

This is the most important thing to get right!

It can take a while to get the hang of, so getting support if you are unsure is important as a painful latch can cause nipple trauma.

WHAT TO DO...

See the 'off to best start' booklet and NCT's 'breastfeeding step by step' leaflet online.

Videos may be helpful:

[Association of breastfeeding mothers-first feed](#)

[Global health media - attaching your baby to the breast.](#)

Try **different positions**: [NCT - Breastfeeding positions](#)

Get someone who is trained to observe a feed:

- Midwife (day 0-10) or Chipping Norton/Horton Maternity Unit (up to 2 weeks)
- Health visitor
- Trained peer supporter/La Leche League
- Breastfeeding clinics up to 6 weeks JR/HGH/CN (via referral)

DISCOMFORT

Breastfeeding should not be painful.

You may initially feel some discomfort for the first few seconds, but if you experience more than this... read on!

WHAT TO DO...

Check the latch first and seek further advice if needed. See [Breastfeeding hurts advice from breastfeeding network](#) to help work out what the problem may be.

Ask you Midwife or Health Visitor.

CONSTANT FEEDING

Babies can seem like they are constantly feeding and this can make some mums anxious they are not producing enough milk.

What's normal?

8-12 feeds in 24 hours.
Can feed for 5-40 mins at a time.
Cluster feed for hours (often in evening/night).

Growth spurts lasting 24-48 hours may cause baby to feed even more!
These commonly occur at around 10-14 days, 3 weeks, 6 weeks, and 3 and 6 months.

Is my baby getting enough milk?

See the **FOUR** reliable signs below.

If your baby is sucking well and weeing and pooing as expected, it is likely they are getting enough milk.

If you are unsure please see the breastfeeding checklist on the UNICEF website;

[Mothers breastfeeding checklist](#)

Contact your Midwife or Health Visitor if you have any concerns.

LOW MILK SUPPLY

Often women worry about not having enough milk. This is one of the most common reasons UK mothers give for stopping breastfeeding.

A **common pitfall is offering formula top ups when not needed**, as this does reduce your milk supply.

Your body produces milk in response to how much baby is feeding, so if more milk is required, you need to feed/express more!

Each time babies have a breast feed, they are putting in an 'order' for the next feed.

WHAT TO DO...

Check the baby is latching properly.

Skin to skin to stimulate milk supply.

Eat well and drink plenty of fluids.

Offer both breasts at each feed.

Massage your breast as you feed (ask HV/MW/Peer supporter).

Express in between feeds to stimulate more milk for 48 hours.

Maximising milk production with Hands-on pumping video:

[Maximising milk production - Stanford University](#)

Giving supplements of formula milk or using teats and dummies may have an impact on your supply so get advice from MW/HV.

There are some medications that could help so get advice from your MW/HV/GP

Support and tips from social media groups and Breastfeeding Helplines etc.

Four reliable signs baby is getting enough milk.

1. **Sucking and swallowing pattern:** from rapid to deep, slow sucks with pauses.
2. **Wet nappies:** initially 1-2 a day increasing to >6 a day by day 7.
3. **Stools.** change colour daily; from meconium to green to yellow by day 4
4. **Weight gain**

INFECTIONS

If a milk duct gets blocked it can cause an infection called mastitis.

[Breastfeeding network; Mastitis information](#)

Occasionally you could develop thrush. This can cause a deep breast pain and you and your baby may need treatment - speak to your GP.

WHAT TO DO...

let the baby feed, feed, feed.

take a bath or apply warm compresses to try and unblock the duct.

If you feel feverish/flu-like you may need antibiotics.

Talk to your GP that day.

LOCAL SUPPORT

Cotswold Birth Centre (Chipping Norton)

Open daily 9-5 for advice and support up to 2 weeks of age.

Breastfeeding clinics at JR/HGH and Chipping Norton; see

[OUH - Infant feeding](#)

Antenatal infant feeding workshops - 4th Thursday of the month

TONGUE TIE

Tongue tie is when your baby's tongue may not be able to move freely in the mouth as it is 'tied' to the bottom of the mouth. There is a range in how severe it can be and it may not always be obvious.

A small number of babies with tongue tie can have problems latching and this can cause nipple pain and other feeding problems.

[Tongue Tie.net](#)

[UNICEF BFI; Tongue tie](#)

WHAT TO DO...

Make sure someone checks the latch, as support with this is all that is needed in most cases.

They may suggest an assessment by a specialist midwife at Chipping Norton/HGH/JR.

If it is still affecting feeding then your baby can be referred by your GP to ENT on the NHS to have it divided (1-2weeks wait).

Private assessment

Approximately £20 for assessment and £80 for procedure if required. See [Tongue Tie.org](#) for a list of local qualified professionals.

Well baby clinics (Health Visitors)

Ask your Health Visitor for latest clinics and venues.

Peer Support

Banbury NCT bumps and babes may have a peer supporter. contact for up to date details;

newsletter.banbury@nct.org.uk

La Leche league

Free antenatal breastfeeding sessions in Bloxham

Mother-to-mother support meetings twice a month in Bloxham and Kings Sutton.

see www.lloxford.org.uk for more information

USEFUL WEBSITES

[UNICEF-breastfeeding support for parents](#)

[Breastfeeding Network](#)

[National Childbirth Trust](#)

[La Leche League](#)

[NHS](#)

[Association of breastfeeding mothers](#)

[Kelly mom](#)

LOCAL FACEBOOK GROUPS

Banburyshire Breastfeeding Support

La Leche League Oxfordshire

[NCT Banbury & District](#)

GOOD PHONE APPS

[Guide to breastfeeding](#)

Baby buddy

Breaststart

USEFUL PHONE NUMBERS

Midwives:	01608 648222
Health Visitors:	01869 338895
Cotswold Birth Centre (Chipping Norton):	01608 697930
Horton General Hospital:	01295 229459
National Breastfeeding Helpline:	0300 100 0212
National Childbirth Trust Breastfeeding line:	0300 330 0700
La Leche League Helpline:	0345 120 2918
Association of Breastfeeding Mothers:	0300 330 5453
Breastfeeding Network Support line:	0300 1000210