

Breastfeeding (Easy Read)



Signs that baby is hungry

- sucking on their hands
- turning their head from side to side
- wide open mouth



- It is best for baby to sleep in the same room as you.
- Use your vibrating baby alarm.

BREASTFEEDING POSITIONS



CRADLE POSITION

CROSS-CRADLE POSITIONS

FOOTBALL HOLD



LAI D BACK POSITIONS

SIDE LYING

- Make sure you are comfortable before you start.
- With your back well supported.
- Have a drink for you near you.



- Hold your baby so they are on their side and in line with your breasts

Babys head support

Don't

Support your Baby's head with your whole palm



Do

Support your Baby's neck and the lower part of their head using 2 fingers "C shape"



- Support them around the back of their shoulders and neck.
- Don't hold the back of their head.



- Hold them so their nose is level with your nipple.



- When they open their mouth wide bring them quickly towards your nipple.

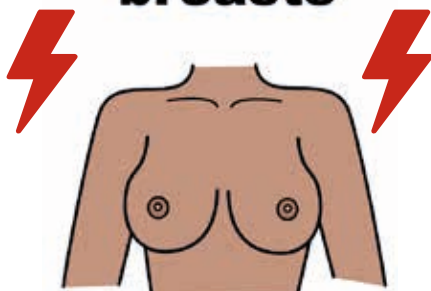


breasts



- Your breast should feel comfortable and not painful.

Painful breasts

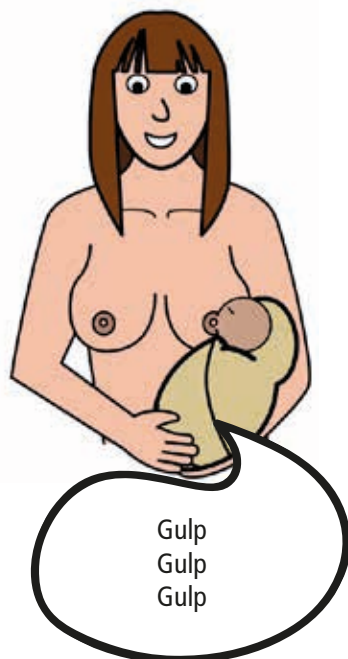


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- If it is painful take baby off and try again.



- Your baby's chin will be tucked against your breast.
- Your baby's cheeks will be full and round.



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- You will feel quick sucks at first.
- Your baby will then slow down sucks
- You will see your baby swallow.
- Your baby will let go of breast when full.
- Offer the other breast to baby
- Your baby will settle if full.

breastfeeding



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- Breast feed your baby as often as they like.
- At least 8 times in 24 hours.
- Your breast milk is all that baby needs.
- You do not need to give water or other milk.



- Your baby will put on weight.
- This helps you know that they are getting enough breastmilk.



- Baby will do lots of wee's and poo's when they are getting enough milk.

This information can be offered in other formats on request, including a language other than English and Braille.

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