

Whangai ū i tō pēpi – Breastfeeding your baby when there are identified challenges

COVERING THE BASICS – CANTERBURY MATERNITY SERVICES

Nau mai, haere mai. We welcome you to our postnatal service and look forward to sharing your early days of parenthood as you grow your whānau.

We invite you and your support people to read this 'Covering the Basics' breastfeeding information when you are ready.

Together our maternity staff, and your LMC will provide your care and in discussion with you, create a feeding plan based on your current, individual needs.

We want to help you meet your breastfeeding/chestfeeding goals so please ask for the help you need. - The Breastfeeding Information Board in your postnatal room provide you with information and resources to support your breastfeeding journey. Please also refer to the Whangai Ū | Breastfeeding information and support leaflet in your Well Child/Tamariki Ora book.

We hope you enjoy your stay with us.



Place pēpi in skin-to-skin contact as much as possible.



Please use the call bell to access the support you need. The midwives and nurses providing your care want you to ask them for support with breastfeeding.



Pēpi needs frequent breastfeeds.
Respond to early feeding cues.
Some babies will need to be woken for feeds.



Express by hand and/or pump to stimulate your breastmilk supply as frequently as possible after breastfeeding – including at least once overnight with no longer than 5 hours between any two feeding or expressing sessions.

Breastmilk volume requirements

0-24 hours	2-10 mL per feed
24-48 hours	5-15 mL per feed
48-72 hours	15-30 mL per feed
72-96 hours	30-60 mL per feed

8+

Your pēpi needs to be fed at least 8 times over 24 hours and needs more breastmilk every day.

Refer to the poster 'How do I know my breastfed baby is getting enough to eat?'



Your pēpi will be weighed at around 72 hours after birth to help guide your feeding plan.

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< 37 weeks < 10th percentile Diabetes in pregnancy Other: BF code < D more than once BF code regression

AT LEAST once per shift, a staff member will assess your breastfeeding and review the infant feeding record to evaluate the needs of you and your pēpi.

Your midwife or nurse will show you how to fill out your infant feeding record.

If you have questions or concerns about breastfeeding your pēpi, please ask for support using the staff call bell.

Referral to a Lactation Consultant will be considered based on individual and clinical need.

WHAT WE RECOMMEND

WHY WE RECOMMEND

If your pēpi does not latch and feed effectively at the breast within the first 2 hours of birth after skin to skin contact and breastfeeding support, your midwife or nurse will show you how to express by hand and/or with an electric breast pump.

Early expressing improves long term breastmilk supply.

Place your pēpi in skin-to-skin contact as much as possible, especially before feeds.

This supports your body's responses for breastfeeding, instinctive breastfeeding behaviours in your pēpi, and so much more!

Please use the call bell to access the support you need. The midwives and nurses providing your care want you to ask them for support with breastfeeding. On your phone, **Google: 'Global Health Media Project'** and watch the video **'Attaching your baby at the breast'** for more information. Or ask to watch this video on our portable iPad.

Although breastfeeding is often referred to as 'natural' or 'normal' it is not always easy! Breastfeeding is about the development of a relationship, and a skill.

Both you and your pēpi are learning to breastfeed and most parents and pēpi need to practice. Getting it 'right' can take some time. We are here to help you.

Respond to the early feeding cues or your pēpi (refer to the Feeding Cues poster) leaving no longer than three hours between breastfeeds. Some babies will need to be woken for breastfeeds in the early days.

Being alert to the needs of your pēpi to breastfeed for food, drink, comfort and security will help you develop a good breastmilk supply. Be aware that pacifier use can mask feeding cues.

Express by hand or electric breast pump after as many breastfeeds as possible. Your midwife or nurse will show you how. At least until your milk 'comes in', hand after using the electric breast pump.

Expressing helps to stimulate the hormones in your body that make your breastmilk. In the early days of expressing you will often find you get more colostrum (early breastmilk) by hand expressing than by the pump.

Aim to express frequently, after each breastfeed where possible and INCLUDING at least once overnight with no longer than 5 hours between any two expressing sessions. Sometimes the milk volumes required by your premature or small baby in the early days can be more than you are making. It is important that you continue to work on your own milk supply by feeding and/or expressing frequently.

Regular and frequent expressing or skin-to-skin contact stimulates and protects your breastmilk supply ready for when your pēpi breastfeeds.

You can expect to feel breast changes – fullness and possibly firmness when your milk 'comes in' at around 48-72 hours after birth – sometimes earlier if you have breastfed before, and sometimes later if you have had a caesarean or have identified breastfeeding challenges.

Understand that over the first few days after birth, the average daily food needs of your pēpi increase. **Premature or small pēpi may require larger volumes.** Your midwife or nurse will provide guidance.

Increasing average breastmilk volume needs for the well, term baby. Requirements may be more for a premature or small baby.

Day 1	0-24 hours	2-10 mL/feed	Day 3	48-72 hours	15-30 mL/feed
Day 2	24-48 hours	5-15 mL/feed	Day 4	72-96 hours	30-60 mL/feed

If your pēpi **needs** more milk - a 'top-up' - after breastfeeding and giving your own expressed breastmilk, your midwife/nurse will discuss the available options with you. Complete your infant feeding record with both input (feeds) and output (nappy changes).

*It is important to us that you provide your **informed consent** for 'top-ups'. Please refer to the poster "How do I know by breastfed baby is getting enough to eat?" or talk to staff for more information about your pēpi feeds and nappies.*

Your pēpi will usually be weighed after 72 hours from birth when on the maternity ward.

Alongside review of your breastfeeding and infant feeding record, weighing your pēpi helps to guide appropriate infant feeding care planning and safe discharge for you and your pēpi.

Before you discharge from our care, have staff:

- Supported you with breastfeeding and assessed your pēpi breastfeeding?
- Discussed where to access breastfeeding support in your community?
- Shown you how to hand express your breastmilk, discussed expressed breastmilk storage, and how to defrost expressed milk?
- how to access the Māmā Aroha App