



STEP TEN

POST-DISCHARGE BREASTFEEDING SUPPORT AND CARE

Coordinate discharge so that parents/whānau/family and their infants have timely access to ongoing support and care.

HIPANGA 10

Me whakahāngai i ngā tāngata e tika ana mō te rā puta i te wāhi whakawhānau/family kia wātea katoa ngā tautoku me ngā taurimatanga e tika ana mā ngā mātua me ā rātou kōhungahunga.

Review date: November 2023

The CDHB commits to adhering to and further incorporating the principles of Te Tiriti o Waitangi, outlined in the breastfeeding policy, at each review.

PURPOSE

To ensure that māmā have the information they need to access appropriate and sustained support to continue breastfeeding through their breastfeeding journey, no matter how long.

RESPONSIBILITY

The breastfeeding policy and guidelines are applicable to all Canterbury District Health Board (CDHB) employees working within maternity facilities including visiting health professionals and students.

GUIDELINE

Whānau will be included in breastfeeding education provided throughout the childbearing journey wherever possible. This enables whānau to understand the importance of breastfeeding and continue providing support once home.

Pregnant and postnatal māmā and whānau who access CDHB services will be advised about all available community breastfeeding support including home visits, breastfeeding clinics, community support groups and where they are available.

Contact details of all support services and groups, professional and voluntary, is available at www.canbreastfeed.co.nz which is printed on all Mama Aroha reference cards provided for all women. Maternity staff will ensure that all māmā and whānau have this resource prior to discharge, including those whose pēpi remains in hospital.



He aroha whāereere, he pōtiki piri poho

A mother's love, a breast-clinging child

Provision of services will aim to meet the needs of Māori and other ethnic groups as well as being culturally safe.

All postnatal māmā must be informed that their Lead Maternity Carer (LMC) will visit them within 24 hours of discharge (or as specifically arranged with the māmā by that midwife) up to 6 weeks of age.

Where a pēpi is discharged requiring an individualised feeding plan, the recommended follow-up plan must be communicated with māmā, whānau and the LMC.

Audit of maternity facility practices will be performed – this is crucial to ensuring high standards of care for māmā and pēpi. Methods will include staff interviews, interview of māmā (with consent). All written and digital resources given to whanau will be reviewed to ensure both compliance with the Code of Marketing and contents have the most up-to-date information

NEONATAL

Nurses prior to discharge will discuss with māmā and whanau of premature pēpi, the [handout: Breastfeeding Your Preterm Baby At Home](#) (Ref.7848)

Pēpi who meet specific criteria may be eligible for the Nursing Outreach programme, early discharge, and discharge on nasogastric tube feeds (The DOTS – programme), Neonatal Handbook.

Date Issued: November 2021

Review Date: November 2023

Authorised by: Clinical Guidelines Group and CDHB Maternity Quality Governance Group

Owner: Breastfeeding Coordinator

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Breastfeeding Guidelines

Christchurch Women's Hospital

Christchurch New Zealand