

Valuable Points You May Need to Know About Feeding, Bonding and Building a Loving Relationship with Your Baby



Information for Patients Obstetrics & Gynaecology



Introduction

This leaflet has been designed to provide you with information about an ongoing Baby Friendly assessment that the Trust is involved with and some of the questions you might be asked if you agree to an assessor speaking to you.

As a Trust we have been awarded UNICEF Baby Friendly status. As part of maintaining the award it is a requirement that we have an opportunity to speak with post birth women about their experiences. This will involve us asking our parents a set of questions about their maternity / neonatal experience. These will include the help and advice they received during pregnancy, and post birth around feeding and building a close and loving relationship with their baby. Please do not worry if you don't understand all the questions you are asked, we are not testing you, we are testing our staff. This leaflet is to explain the potential questions you may be asked.

What questions may you be asked?

During the antenatal period, did the midwives advise you to talk and play music to your baby, including partners and any other children in this too?

Find time to relax, rub your tummy and think about your baby. This has been shown to help your baby respond to you after they have been born and help with the brain development during pregnancy.

The midwives should inform you in a meaningful way of the benefits of breastfeeding so you can make an informed choice regarding feeding, and they will also advise you on how to get breastfeeding off to a good start.

As new parents did you get offered the chance to hold your baby in skin contact as soon as possible after birth for at least an hour? You may decide you don't want to do this but it is important we offer it.

You should be offered the opportunity to give your baby or babies a first feed in skin contact as your baby will be calmer and feed better.

We may ask you if you were supported to breast or bottle feed your baby.

If breastfeeding, did you get help to position and attach your baby on the breast?

Have you been shown how to express your milk by hand, and do you know the signs to tell you baby is getting enough milk?

Has a member of staff checked that your baby is getting enough milk? This is done by doing a breastfeeding assessment, of which can be found in your blue postnatal notes. The midwives will ask you about wet and dirty nappies how you feel feeding is going as well as weigh your baby.

Has your baby had any formula supplements and what was the reason for this?

If bottle feeding did a member of staff show you how to hold your baby for bottle feeding and how to pace the feeds keeping your baby close, having good eye contact?

How to make feeds up safely using the Department of Health (DOH) guidance leaflet that you were issued with.

Ensuring you are using the correct milk that is age appropriate to your baby. There are NO benefits to using other milks unless advised by a health professional.

We will ask you as parents if you have been given information about the importance of keeping your baby close to you at all times, on-going skin contact, cuddling, talking to them and not leaving them to cry for prolonged periods.

It is not possible to spoil your baby by picking them up. This is called responsive parenting and this has been proven to make babies calmer and aids the way the brain develops in a new baby.

Reference Section

UNICEF Baby Friendly Initiative Standards (2016).

Contact Details for Further Information

Infant Feeding Lead for Grimsby

Tel: **07850 299641**

or

Infant Feeding Lead for Scunthorpe

Tel: **07595 087303**

Any Comments, Compliments, Concerns or Complaints

If you have any other concerns please talk to your nurse, therapist or doctor. Our Patient Advice and Liaison Service (PALS) are available on 03033 306518 (Grimsby, Scunthorpe and Goole). You can also contact nlg-tr.PALS@nhs.net

As a Trust we value equality of access to our information and services, therefore alternative formats available on request at nlg-tr.interpreters@nhs.net

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