

What's in the nappies? Some positive signs that your baby is getting enough milk

As a guide, your breastfed baby will have the same number of wet nappies as days old in the first week eg.

3 wet on day 3

5 wet on day 5

and by a week old 6-8 heavy wet nappies every day

- Your baby will pass black sticky poo for the first 2 days
- By days 3-4 this should be changing to a green/brown/yellow colour and becoming looser
- By day 5 they should be having yellow runny poo, at least 2 a day at first.

Your baby may lose a little weight to start with but will have started putting it back on by the end of the 1st week.

For support with breastfeeding speak to your midwife or health visitor. You can also call one of the Breastfeeding Helplines which will put you through to a volunteer Breastfeeding Counsellor:

National Breastfeeding Helpline: 9.30am-9.30pm, 0300 100 0212

La Leche League: 24 hours, 0845 120 2918

National Childbirth Trust: 8am-10pm, 0300 330 0771

Bengali/Sylheti Support: 9.30am-9.30pm, 0300 456 2421

Version 1

January 2013

Whipps Cross University Hospital, Whipps Cross Road,
Leytonstone, London E11 1NR
Tel: 020 8539 5522 www.wcuh.nhs.uk

Helping your baby to breastfeed



Maternity Department

Some suggestions to help your baby breastfeed effectively

- Get yourself comfortable first, if sitting you might need some pillows behind your back and a stool for your feet, or you may like to try feeding lying down, or lying back.
- Hold your baby in your arms, either with their shoulders resting on your forearm, so their head can go backwards when they look for the nipple or, with your arm opposite to the breast they're going to feed on right along their back, with your hand on their shoulders / back of neck. You can also have them on their tummy lying on you, they can then have a crawl around and find the breast themselves.



- Do let your baby have the opportunity to 'root' around at the nipple. They will bob their heads around a bit and try to lick the nipple while they are learning what to do, this is all normal 'learning to breastfeed' and the babies soon work out what they need to do.
- When your baby has a big open mouth and the nipple is pointing up towards the roof of the baby's mouth, tuck the baby's shoulders in close to you to encourage the baby to take a big mouthful of breast, taking in much more of the areola (the darker area) underneath the nipple than above, so that they can use their tongue and lower jaw to get a good strong suckle.

- Try not to hold the back of your baby's head as this may make them struggle at the breast. Babies really don't like having their heads pushed forwards, they can't open their mouths fully and they find it much harder to swallow. (Just like we would if someone was pushing our heads forward during dinner!)
- If it's very painful (it shouldn't be) gently take the baby off and have another go.
- When they are attached properly they will suck and swallow with pauses in between.
- The feed should be comfortable
- Their nose shouldn't be squashed into the breast

How to know if your baby is feeding well

If you are concerned that your baby is not feeding well, here are some positive signs to look out for.

- Breastfeeding will be comfortable
- Your baby will wake spontaneously and be alert for feeds, usually 8 or more feeds in 24 hours in the early weeks
- Your baby will be settled and content between feeds
- Once your milk has come in you should be able to see your baby swallowing frequently during the feed
- Your breasts will feel softer after the feed