



AVOID GIVING YOUR BABY FORMULA MILK IF YOU ARE BREASTFEEDING



All babies need to get as much of the protective colostrum as possible before it changes to milk.

This means they will want to feed a lot over the first few days, especially at night.

Giving top-ups of formula can make baby more vulnerable to infection and allergies, and denies him the colostrum as his tummy will be full.

Feeding all the time at the beginning gets breastfeeding going best and boosts your milk supply.



Ultimately you must do what is right for you.

1. Ask for some support
2. If you can arrange support antenatally for when you have had your baby do this, local children's centres usually offer support, talk to family and friends that have breastfed, or consider hiring a doula.
3. Talk to your partner about breastfeeding
4. Read some good books on breastfeeding.
5. Attend a breastfeeding workshop on Infant feeding if you can.
6. Be wary of some social media sites, you can get distorted into doing what is right for you and your baby.