





Top tips for getting going



These first few days baby will feed A LOT at night! Go with this— it will get better and settle down to only once or twice a night


Have a drink/snack to hand – mums often find they get thirsty when breastfeeding



He'll come off by himself when he's had enough for now. Then you can offer the other breast



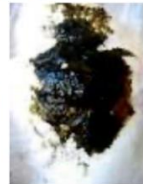
Skin to skin can help get breastfeeding going – it's lovely for both of you!



Watch for babies feeding cues – don't wait for him to cry



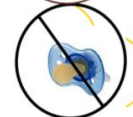
You can tell he's getting enough by looking at his nappies – from this:



to this  in a week with 6+ heavy wet nappies

Babies don't need anything but breastmilk. Don't be tempted to give formula – it's not good for your milk supply and makes baby more susceptible to infection. **Anyway, you've got milk in your breasts!!**

Avoid dummies and teats while getting breastfeeding established – they can make it more difficult





How to know breastfeeding is going well....

- ✓ **S**wallows
- ✓ **W**ees
and
- ✓ **P**oos

(SWaP)



This means....

- ✓ You can hear baby
Swallowing (it gets easier to hear as the milk supply increases)
- ✓ **W**ees and **P**oos are age appropriate (ie 3+ sloppy yellow poos and 6+ dilute wees every 24hrs from a week old)
- ✓ **B**aby is feeding **8-10** times in 24hrs
- ✓ **I**t's comfortable for you

