




Ways in which we will help you to breastfeed successfully

- Our staff have been specially trained to help you to breastfeed your baby.
- During your pregnancy, you will be able to discuss breastfeeding individually with a midwife or health visitor who will answer any questions you may have.
- You will have the opportunity to hold your new baby against your skin soon after birth. The staff will not interfere or hurry but support and help with feeds while you are in hospital.
- A midwife will explain how to put your baby to the breast correctly and to help with feeds while you are in hospital.
- You will be shown how to express your breastmilk and we will give you written information which you can refer to once you are home.
- Most babies do not need anything other than breastmilk for their first six months. If for some reason your baby needs some other feed, this will be explained to you and your permission asked before any artificial feed is given.
- Normally, your baby will be with you at all times. If any medical procedures are necessary, you will be invited to accompany your baby.
- You will be encouraged to feed your baby whenever he or she seems to be hungry.
- We recommend that you avoid using bottles, dummies and nipple shields while your baby is learning to breastfeed. This is because they can change the way your baby sucks, meaning that it can be more difficult for your baby to breastfeed successfully.
- Before you leave hospital, you will be provided with a list of telephone numbers of people who can provide extra help and support with breastfeeding when you are at home.



NHS Grampian supports the right of all parents to **make informed choices** about infant feeding. All NHS Grampian staff will support you in your decision. **Breastfeeding is the healthiest way to feed your baby** and we recognise the important benefits which breastfeeding provides for both you and your child. We therefore encourage you to breastfeed your baby.

This publication is also available in large print and on computer disk.

Other formats and languages can be supplied on request. Please call Corporate Communications on (01224) 554400 or email grampian@nhs.net.

Ask for publication CGD 070270



This is your guide to the breastfeeding policy. Please ask a member of staff if you wish to see the full policy.



The **PARENTS' GUIDE** to the NHS Grampian policy on

breastfeeding