

# Information on Feeding Your Baby.

**Deciding how to feed your baby is an extremely important decision, that can be influenced by your own or other people's previous experiences please talk to your midwife about this.**

The best time to decide how to feed your baby is just after birth when you hold your baby in skin to skin. Skin to skin will help your baby adapt to the outside world and encourage your baby to want to feed. Skin to skin contact, is the perfect place to give your baby their first feed.

This is a new experience for you and baby, don't rush enjoy the moment. You both need to learn together, the best way to do this is to keep your baby close, talk to your baby and this will create strong loving bonds.

**From the 22<sup>nd</sup> April 2024 there will no longer be bottles of premade formula available on the Birthing Centre or the Antenatal Postnatal Ward.**

## What to bring to hospital for feeding your baby.

- Colostrum if you collected any antenatally
- Accessible clothing for feeding
- Breast pads
- You may wish to bring muslin cloths

If you think you are going to bottle feed, you will need:

- Bottles
- Teats
- Cleaning brushes
- Expressed breast milk, Powdered or Premade formula

**However, you decide to feed your baby, you will be supported.** In the hospital we will help you to learn how to hold your baby for feeding, how to hand express, how to recognise feeding cues and how to responsively feed your baby. **If you have chosen to breastfeed** and there is a medical reason why your baby requires addition milk, we will provide formula. If required **an individual steriliser will be provided at your bed side** for you to use whilst in hospital. We will support you to safely prepare and make up formula feeds as required.

