

Easy Read

# All about breastfeeding

For new mothers in North Wales



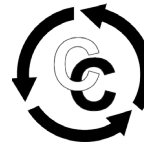
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# How to use this document

This is an easy read version. The words are easy to read and understand.



You may need support to read and understand this booklet. Ask someone you know to help you.



Some words may be difficult to understand. These words are in **bold blue writing**. They are explained in a box underneath the words.

If any of the words are used later in the booklet they are shown in **normal blue writing**.

If you see words in **normal blue writing**, you can look up what they mean in **Hard words** on page 40.



This document was made into easy read by **Easy Read Wales** using **Photosymbols**.



# Introduction

This booklet is in 3 parts:



**Part 1:** Why breastfeeding is best for your baby and for you



**Part 2:** How to breastfeed and express milk



**Part 3:** Where to get help and support

# Why breastfeeding is best for your baby



A mother's breast milk is always best for her baby.

Breast milk is natural. It is made just for your baby.



Breast milk is better than any other milk for your baby.

Breast milk has everything your baby needs for the first 6 months.

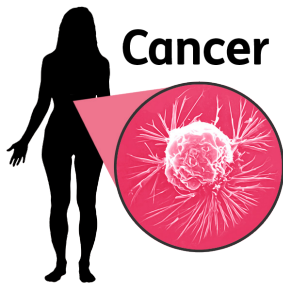


Breast milk can protect your baby from getting ill.



The longer you breastfeed, the longer it protects your baby.

# Why breastfeeding is best for you



Breastfeeding can protect you from serious illnesses like breast cancer or weak bones.



Breastfeeding is free. It could save you up to £1,700 in 1 year.



Breastfeeding helps you and your baby feel closer.



Breastfeeding saves you time. This is because you do not have to make up bottles of **formula milk**.



**Formula milk** is a type of milk that is made up from powder or liquid. It can be given to babies instead of breast milk.



Breastfeeding can help you to lose weight after having your baby.



# How to breastfeed

## Before your baby is born



Try to learn about breastfeeding before your baby is born.



Your midwife can tell you about breastfeeding classes and groups in your area.

## After your baby is born



Hold your baby close to your skin after you give birth. Ask your midwife to help you with this.

Holding your baby close to your skin helps your baby stay calm and warm.



This is a good time to try breastfeeding your baby for the first time.



You can ask your midwife for help and advice about breastfeeding at any time. This could be while you are still in hospital or back at home.

## How to get your baby into the right position



Make sure you and your baby are comfortable.



Hold your baby really close to your body.

Make sure your baby's head and body are facing your body.



Your baby's nose should face your nipple.



Hold your baby so that they can tilt their head back.

Bring your baby's chin close to your breast.



Your nipple should now be pointing up your baby's nose.



Wait for your baby to open their mouth wide.

Bring your baby quickly onto the breast.

## How do you know if your baby is feeding well?



Your baby's cheeks should look full and rounded while they feed.

Your baby will suck quickly at first. This will help your milk to flow.



You will see and hear your baby swallowing.

When the milk starts flowing, your baby will take longer sucks.



Your baby will take short breaks between sucking.



Your baby will finish the feed when they are ready.

Your baby will come off the breast on their own.



## How will your breasts feel?

Breastfeeding should **not** hurt you. Your breasts and nipples should **not** feel sore.



If your breasts feel sore ask your midwife or health visitor for help.





## How long and how often should I breastfeed my baby?

This will be different for every baby. Some babies want to feed every hour at first.

every  
1 hour



Some babies will feed for **10 minutes** every **1 hour**.

every  
2 hours



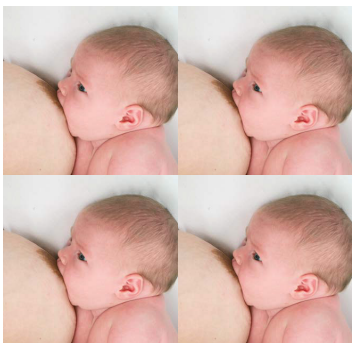
Some babies will feed for **10 minutes** every **2 hours**.

every  
2 hours



Some babies will feed for **40 minutes** every **2 hours**.

Some babies will **cluster feed**.



**Cluster feed** means your baby will want to feed again and again. They might only be off the breast for a few minutes between feeds. This usually happens in the evenings.



**All of this is normal.** All babies are different and will feed when they want to.

It is important to know the signs that your baby is hungry.

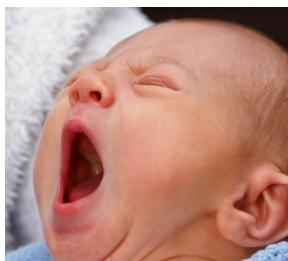


Remember to feed your baby from both breasts throughout the day.



It is best to feed your baby whenever they are hungry.

Here are some signs that your baby might be hungry. These signs are called **feeding cues**:



- They turn their head and open their mouth.



- They suck their fingers or hand.



- They can not settle.

You should feed your baby when you see these early signs.



Do not wait until your baby cries. It can be difficult to feed your baby when they are crying.



Breastfeeding is not just for when your baby is hungry. Breastfeeding can give your baby comfort.

Breastfeeding can help to settle your baby when they are unwell or upset.

# About breast milk

## First milk



The first milk your breasts will make is called **colostrum**.

**Colostrum** is thicker than normal breast milk. It is a creamy yellow colour.

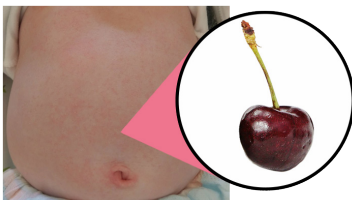


**Colostrum** is full of goodness for your baby.

**Colostrum** can protect your baby from germs that could make them ill.



**Formula milk** can not protect your baby from these germs.



Babies have very small tummies. In the first days a baby's tummy is only the size of a cherry.



Your baby will only need a little bit of **colostrum** in the first few days. So in the first few days they will only need a small amount of breast milk.



## What happens when your milk 'comes in'?



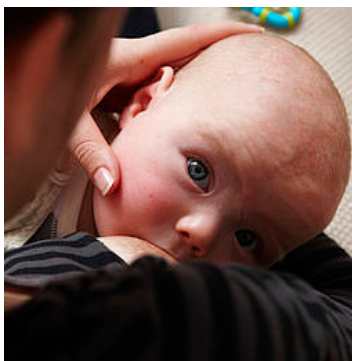
Your milk will change from **colostrum** to normal breast milk when your baby is 2 or 3 days old.

This is sometimes called your milk 'coming in'.



Your breasts will feel very full and heavy.

This feeling should only last for 1 or 2 days. Your breasts should then settle down again.



You do not need to worry about how much milk your breasts make.

Your body will normally make the right amount of breast milk for your baby.

## How will I know if my baby is getting enough milk?



**8 - 12 feeds**

Your baby should have between 8 and 12 feeds in 24 hours.

This means your baby might be feeding every 2 or 3 hours.



Your baby should be happy after feeding.

Your baby should come off the breast on their own.

Your baby should put on weight after the first 2 weeks.



In the first 2 days, your baby will probably only have 2 or 3 wet nappies. This is normal.



After the first 2 days, your baby should wee more and have more wet nappies.



By day 5, your baby should have at least 6 wet nappies every day.



In the first few days, your baby's poo will be black and sticky. It will look a bit like tar. This is normal.



By day 3, your baby's poo should start to change.

Your baby's poo will look more green than black. It should be runnier and easier to clean up.



By day 4 or 5 your baby's poo should change to yellow or light brown.



Your baby should be having 2 or more poos each day.

Most babies do lots of poos each day. This is normal.





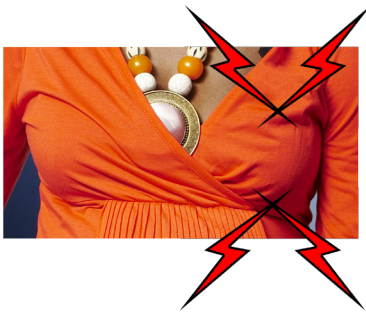
# Helpful tips for early days

## Leaking breasts

It is normal for your breasts to leak breast milk. Your breasts might leak when:



- they are very full of milk
- it is time to feed your baby
- or when you hear your baby cry.



You might also get a tingly feeling in your breasts. This is normal. This is your body moving the milk to your breasts so you are ready to feed.



You can use breast pads inside your bra. This will stop the milk leaking on to your clothes.



You can buy breast pads in the supermarket or chemist.



If you use breast pads, make sure you change them often.



## Taking medicines while you are breastfeeding

Some medicines can get into your breast milk.



Most medicines are safe to take when you are breastfeeding.



If you are breastfeeding, it is important to talk to someone before you take any medicines.

You could talk to:



- a midwife

- a doctor



- a health visitor

- a chemist.

They can tell you which medicines are safe to take when you are breastfeeding.

## Problems with breastfeeding



If you have any problems with breastfeeding, talk to your midwife or health visitor.

If you have any of these problems ask for help:



- If your baby finds it difficult to get onto the breast to feed. Or if your baby keeps slipping off the breast. This could mean there is a problem with your baby's tongue called a **tongue-tie**.



- If your baby is not weeing enough.

- If your baby is not pooing enough.



- If your baby seems hungry all the time.



- If your baby is not putting on weight after 2 weeks.



- If your breasts or nipples feel sore, hot or painful.



## Sore nipples and sore breasts

**If your nipples feel sore, here are some things you can do that might help:**



- Make sure you hold your baby in the right position.
- Your nipples might feel sore if your baby is not in the right position when they feed.



- Make sure you ask someone to show you how to hold your baby.



- You can rub some of your breast milk on your sore nipple. This can sometimes make breastfeeding less painful.

**If your breasts feel sore, here are some things you can do that might help:**



- Feed your baby more often. This will help your breasts not to feel so full.



- Feed from the sore breast first.





- Run warm water over your sore breast. This can make breastfeeding less painful.



- Do **not** wear very tight tops.

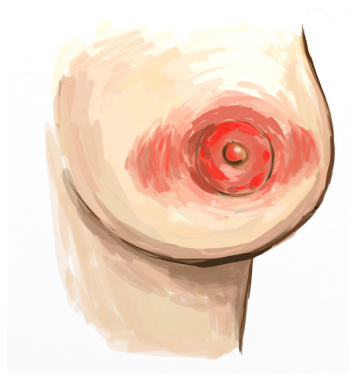


- Make sure your bra fits properly and is not too tight. You might find it easier not to wear a bra if your nipples are very sore.



### You should get help urgently if:

- Your whole breast aches and becomes red
- You feel very unwell
- You have a high temperature
- Your body aches all over.



These could be signs that you have **mastitis**.

**Mastitis** can make your breast very sore. Your breast could get infected. This could make you very ill.

## Breastfeeding your baby when you go out



The law says that you can breastfeed in public places. It is your right to do so.

This means places like cafes, restaurants, parks, or shops.



It is easier to breastfeed if you wear loose tops that lift up easily.



Try to sit in a corner with walls against your back and side to support you. This will make it easier to breastfeed.



If you are worried about people seeing your breasts:

- Wrap a cotton or silk scarf over your shoulder to cover your breast while you breastfeed.



- Do **not** cover yourself or your baby in anything thick or heavy like a blanket. This could make your baby too hot and uncomfortable.

## Some things to remember



Always make sure your baby is feeding in the right position on your breast.

This will:



- help stop your breasts getting sore



- make sure you have plenty of milk for your baby

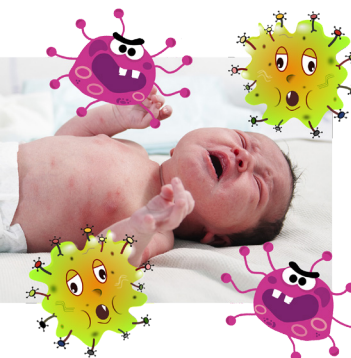


- make sure your baby is getting a good feed.



Do **not** give your baby other food or drink until they are ready.

Most babies are ready for other food at around 6 months old.



If you give your baby other food or drink before they are ready it could make them ill.

If your baby has other food they might not want to breastfeed as much.



If you want to give your baby a dummy, wait until you are sure that breastfeeding is going well.



Babies suck a dummy in a different way to when they breastfeed.



Your baby might get confused. They might find it difficult to remember how to breastfeed properly.

This could make breastfeeding difficult.





# How to **express** milk

**Expressing** milk means squeezing milk out of your breasts. You can keep the milk for your baby to drink later.



You can **express** your milk if you are going to be away from your baby. For example, if you are going back to work or college.



If you **express** your breastmilk, your baby will still be able to have your milk even when you are not with them.



You can **express** milk using your hands or using a pump.

There are 2 types of pump for **expressing** milk:



- A hand pump that you squeeze with your hand



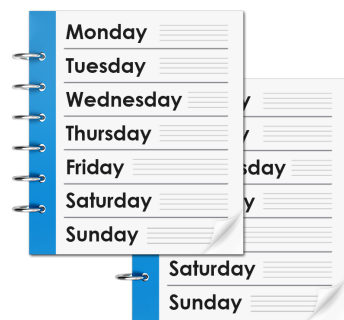
- An electric pump that works using electricity.



Ask your midwife or health visitor to show you how to **express** your milk.



If you want to use a pump to **express**, talk to your midwife or health visitor. They can show you how to clean the pump before and after you use it.



It is best to wait for at least a few weeks before you start **expressing** milk.



This is because you and your baby need a few weeks to get used to breastfeeding.

## Expressing milk by hand

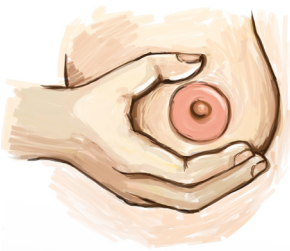


Wash your hands with soap and water before you start **expressing**.

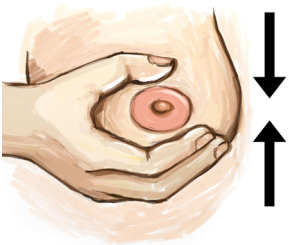


Have a **sterilised** bottle or jug ready to **express** in to.

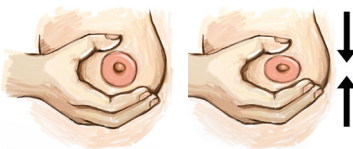
**Sterilising** is a special way to clean things and kill germs. Ask your midwife, health visitor or doctor how to **sterilise**.



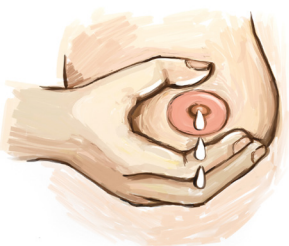
Put your thumb above your nipple. Put your fingers below your nipple.



Use your thumb and fingers to gently squeeze the breast around the nipple. This should **not** hurt.



Stop squeezing for a second and start again.



Keep squeezing and stopping. Do this again and again until drops of milk come out.



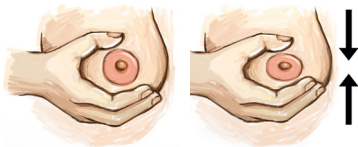
After a few minutes the milk will start to drip.



Then it will start to squirt.



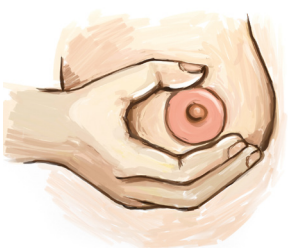
When the milk stops squirting and begins to drip again, move your fingers around your breast to a different part.



Then start squeezing and stopping like you did before.



Keep moving your fingers and thumb around to find a good place to squeeze that gets the milk out.



You can try closer to your nipple and further away from your nipple.

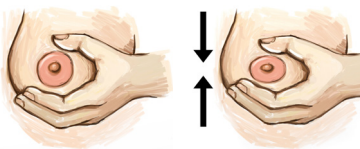




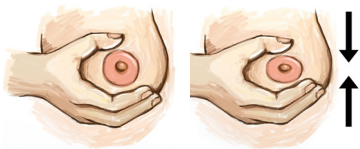
You could try using your other hand to gently massage your breast as you squeeze around your nipple.



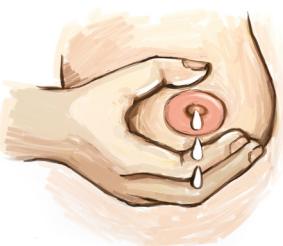
Try a few different positions. You will get used to what works best for you.



After you have tried some different positions and the milk stops squirting, stop and start **expressing** on your other breast.



When the milk has stopped squirting on your other breast; go back to the first breast.



Keep changing breasts until the milk drips out very slowly or stops.



Hand **expressing** should not hurt. Do not press too hard or squeeze too close to your nipple.

## Storing expressed breast milk



You can keep your **expressed** breast milk in a **sterilised** bottle or container with a lid in the fridge.



You can keep your breast milk in the fridge for up to 6 days.



Keep the milk near the back of the fridge where it is colder.



Do not put the breast milk in the door of the fridge. It will not be cold enough.



You can also keep your breast milk in the ice box at the top of a fridge.



You can keep your breast milk in an ice box for up to 2 weeks.



Or you can keep it in the freezer for up to 6 months.



If you freeze your breast milk, you **must** defrost it in the fridge before you give it to your baby.

Once it has defrosted, you should give it to your baby straight away.



If you do **not** give it to your baby straight away, you can not freeze it again. **You must throw it away.**



You can warm up the milk a little before you feed it to your baby.

You can put the bottle of milk in a jug of warm water to warm it.

Or you can hold the bottle under warm running water.



**Never** use a microwave to warm the milk.

A microwave can make parts of the milk very hot. This could burn your baby's mouth.



## Support from your family

If you breastfeed, your partner can still help to look after the baby in lots of ways.



This will help you to have a break.

It will also help them feel involved.

They can:



- hold the baby as much as possible

- play with the baby



- bath or change the baby





- make you a drink when you are breastfeeding



- do some housework. For example, cleaning, cooking, washing or shopping.



Partners can also hold the baby close to their skin. This will help your baby stay calm and feel secure.



Your baby's grandparents can help too.



You should not feel afraid to ask for help.

# Going back to work



If you want to go back to work you can still carry on breastfeeding. You do not have to stop.



You should talk to your boss about how you can carry on breastfeeding.



You could **express** your breastmilk while you are in work.



You can keep the **expressed** milk in the fridge. Then take it home in a cool bag.



If there is no fridge in work, you could ask your boss to buy one.



You could ask your boss if you could work different hours.



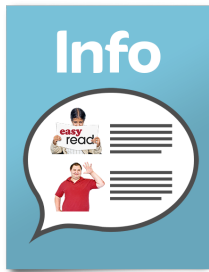
This will help you breastfeed your baby before and after work.



You could find someone to look after your baby near where you work.



You could then go and feed your baby when you have a break in work.



## Where to get more help and support

These guides and websites have all helped us to find the information for this booklet.



**NHS Start 4 Life** website. You will find a useful video here.

[www.nhs.uk/start4life/breastfeeding](http://www.nhs.uk/start4life/breastfeeding)



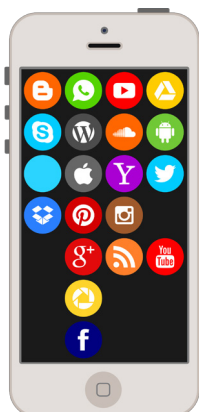
**Local breastfeeding groups** are run by mums like you who are also breastfeeding or who have breastfed before.

Find your nearest one on our website:

[www.wales.nhs.uk/sitesplus/861/page/85324](http://www.wales.nhs.uk/sitesplus/861/page/85324)



**National Breastfeeding Helpline:** 0300 1000212



The **Baby Buddy** smartphone app can give you information and advice while you are pregnant and for the first 6 months after your baby is born.

You can download it on your phone or computer from the **Best Beginnings** website:

[www.bestbeginnings.org.uk/baby-buddy](http://www.bestbeginnings.org.uk/baby-buddy)



## Other websites

**Association of Breastfeeding Mothers** has lots of help with breastfeeding and any problems you might have.

<https://abm.me.uk>

**UNICEF's Baby Friendly Initiative** has information on the **Baby Friendly Initiative** and the kind of breastfeeding support you can expect.

[www.unicef.org.uk/babyfriendly](http://www.unicef.org.uk/babyfriendly)

On the **Best Beginnings** website you can watch videos of other mothers talking about breastfeeding.

[www.bestbeginnings.org.uk](http://www.bestbeginnings.org.uk)

**Breastfeeding Network** has information about breastfeeding and some of the problems you might have, like sore nipples.

[www.breastfeedingnetwork.org.uk](http://www.breastfeedingnetwork.org.uk)

**Kelly Mom** is an American website with lots of information about breastfeeding and why it is good for your baby and you.

<http://kellymom.com>

**La Leche League** is a worldwide organisation that gives information and support to mothers who breastfeed.

[www.laleche.org.uk](http://www.laleche.org.uk)

**NCT** is the UK's largest charity for supporting new parents and has lots of information about breastfeeding.

[www.nct.org.uk](http://www.nct.org.uk)

# People who helped make this booklet



Hello. I am Fatima Sayed. I work for **Betsi Cadwaladr University Health Board Local Public Health Team**. We want Wales to be healthier, happier and fairer.



I worked with Samantha Williams and Kai Jones to make this booklet for you. Samantha and Kai both work for **Learning Disability Wales**.

**Learning Disability Wales** work to create a Wales that values and includes every child, young person and adult with a learning disability. Part of their work is making information easy to read.

I want to say a big thank you to Sharon Breward, Paul Carter and Debbie Lomas for helping me to make this booklet better.



Sharon Breward is an **Infant Feeding Co-ordinator** and a baby feeding specialist. Sharon works for **Betsi Cadwaladr University Health Board**. **Betsi Cadwaladr** wants North Wales to be healthier and happier by giving you the best care.

Sharon looked at the words and said what she thought. She made sure all the information is correct.

We listened to Sharon's ideas and then changed things to make the booklet better.



Paul Carter works for **Conwy Connect for Learning Disabilities**. **Conwy Connect** want people with a learning disability to have the same choices as everybody else.

Paul looked at the words and pictures and said what he thought. Paul made sure they were easy for you to understand.

We listened to Paul and changed things to make the booklet better for you.



Debbie Lomas is a member of the **Connect Forum**. **Connect Forum** is a talking group for people with learning disabilities.

Debbie looked at the words and pictures and said what she thought. Debbie said if the words were easy for her to understand.

We listened to Debbie and changed things to make the booklet better for you.

# Hard words



## Cluster feed

Cluster feed means your baby will want to feed again and again. They might only be off the breast for a few minutes between feeds. This usually happens in the evenings.



## Colostrum

Colostrum is thicker than normal breast milk. It is a creamy yellow colour.



## Express / Expressing

Expressing milk means squeezing milk out of your breasts. You can keep the milk for your baby to drink later.



## Formula milk

Formula milk is a type of milk that is made up from powder or liquid. It can be given to babies instead of breast milk.



## Mastitis

Mastitis can make your breast very sore. Your breast could get infected. This could make you very ill.



## Sterilise / Sterilising

Sterilising is a special way to clean things and kill germs. Ask your midwife, health visitor or doctor how to sterilise.