



A Parents' Guide to our Infant Feeding Procedure



Sussex Community NHS Foundation Trust supports the right of parents to make informed choices about the way their baby is fed. All our staff will support your choice. We recognise the significant contribution that breastfeeding makes to good physical and emotional health for children and mothers and the importance of early relationships.

- All our staff have been specially trained to help you to breastfeed your baby
- During your pregnancy you will be able to discuss feeding and caring for your baby with your midwife or health visitor who will answer any questions you may have
- We recommend that you hold your baby close against your skin as soon as possible after birth and keep him or her near you so you can get to know each other. This will help you recognise when they want feeding
- Staff in the hospital or community will show you how to attach your baby to the breast correctly and help with feeds in the early days and later on
- We will support you in the concept of responsive feeding for your baby, recognising your relationship with your baby is about more than nutrition
- Should you chose to formula feed your baby, we will give you information regarding safe preparation of feeds
- We will give you information about managing night feeds, infant safety and bed-sharing
- We recommend that you avoid using bottles, dummies and nipple shields while your baby is learning to breastfeed as they can make it more difficult for them to learn and for you to establish a good milk supply
- Most babies do not need to be given anything other than breast milk or formula for the first 6 months. We will teach you how to recognise the baby's sign of developmental readiness for solid food
- Breastfeeding is welcome in all areas of our premises. Please ask a member of staff if you prefer somewhere private
- We will give you a list of people who you can contact for extra help and support with breastfeeding who can help if you have a problem