



Frimley Health  
NHS Foundation Trust

## Congratulations on the birth of your baby

Breastfeeding



Information for patients,  
relatives and carers

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**This leaflet contains links to useful information and resources that will help you on your journey with your new baby.:**

This is the link to the postnatal section of our maternity website where you will find information about

- Community visits
- Contact numbers
- Feeding
- Postnatal exercises
- Caring for your newborn
- Much more

<https://www.frimleyhealthandcare.org.uk/maternity/caring-for-your-baby-and-yourself/>



## **1. Postnatal and Pelvic Floor exercise**

Information from our Physiotherapy team to guide you on when and how to exercise following pregnancy and birth

[Your pelvic floor \(frimleyhealthandcare.org.uk\)](https://www.frimleyhealthandcare.org.uk)



## 2. Signs of Illness in newborn babies

Information from Frimley Healthier together about signs of illness in newborn babies and what to do.

Concerned about Newborns & babies less than 3 months? :: Frimley HealthierTogether ([frimley-healthiertogether.nhs.uk](http://frimley-healthiertogether.nhs.uk))



## 3. Safer Sleeping

Watch a short video on how to sleep your baby safely and how to minimise risks of SIDS (sudden Infant death)

<https://www.lullabytrust.org.uk/safer-sleep-advice/>



## 4. Coping with a crying baby

Advice and support strategies for how to cope with a crying baby.

<https://iconcope.org/parentsadvice/>



## Breastfeeding support is available

Your community team will be seeing you in the early days when you are home followed by your Health Visiting team from 10 days. If you need additional support, the infant feeding teams run specialist breastfeeding clinics each week, this is an appointment only service

Frimley—Email referral from your Midwife or Health Visitor or self referral

[fhft.infantfeedingfph@nhs.net](mailto:fhft.infantfeedingfph@nhs.net)

Wexham— Email referral from your Midwife or Health Visitor or self referral

[fhft.infantfeedingteam@nhs.net](mailto:fhft.infantfeedingteam@nhs.net)

## 1. Positioning and attachment, hand expressing and getting off to the best start



<https://www.unicef.org.uk/babyfriendly/>

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## 2. National support, and 24 hour national helpline.



<http://www.nationalbreastfeedinghelpline.org.uk/>



<http://www.nationalbreastfeedinghelpline.org.uk/>



<https://www.laleche.org.uk/get-support/>

### Breast pump hire

<https://www.medela-rental.co.uk/>

<https://www.ardobreastpumps.co.uk/>



## How do I know breastfeeding is going well?

Breastfeeding is going well when:	Talk to your midwife/health visitor if:
Your baby has 8 feeds or more in 24 hours	Your baby is sleepy and has had less than 6 feeds in 24 hours  Your baby consistently feeds for longer than 40 minutes at each feed
Your baby has normal skin colour	Your baby appears jaundiced ( yellow discolouration of the skin)
Your baby is generally calm and relaxed whilst feeding and is content after most feeds	Your baby comes on and off the breast frequently during the feed or refuses to breastfeed
Your baby has wet and dirty nappies  Day 1-2 = 1-2x wet, 1x stool or more in 24hours  Day 3-4= 3-4x wet, 2x stool (changing colour)or more in 24hours  Day 6 plus= 6x wet, 2 yellow stools or more in 24hours	Your baby is not meeting appropriate wet and dirty nappies
Breastfeeding is comfortable	You are having pain in your breasts or nipples, which doesn't disappear after the baby's first few sucks. Your nipple comes out of the baby's mouth looking pinched or flattened on one side
When your baby is 3-4 days old and beyond you should be able to hear your baby swallowing frequently during the feed	You cannot tell if your baby is swallowing any milk when your baby is 3-4 days old and beyond



<p><b>Principles of positioning:</b></p> <p>Baby's head and body in line      Baby held close to mother      Nose to nipple      Sustainable/comfortable</p> <p><b>Recognising effective attachment:</b></p> <p>Chin touching the breast      Mouth wide open      Lower lip curled back      Cheeks full and rounded      More areola (darker area) visible above top lip      Feeding is pain free      Rhythmic sucking and swallowing with pauses</p>	<p>Your baby falls asleep on the breast and/or never finishes the feed himself</p> <p>You think your baby needs a dummy</p> <p>You feel you need to give your baby formula milk</p>
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For a translation of this leaflet or to access this information in another format including:

<b>Large print</b>				
	Easy read	Translated	Audio	Braille

Please contact the Patient Advice and Liaison Service (PALS) on:

### **Frimley Park Hospital**

**Telephone:** 0300 613 6530

**Email:** [fhft.palsfrimleypark@nhs.net](mailto:fhft.palsfrimleypark@nhs.net)

### **Wexham Park and Heatherwood Hospitals**

**Telephone:** 0300 615 3365

**Email:** [fhft.palswexhampark@nhs.net](mailto:fhft.palswexhampark@nhs.net)

<b>Frimley Park Hospital</b> Portsmouth Road Frimley Surrey GU16 7UJ	<b>Heatherwood Hospital</b> Brook Avenue Ascot Berkshire SL5 7GB	<b>Wexham Park Hospital</b> Wexham Street Slough Berkshire SL2 4HL
<b>Switchboard:</b> 0300 614 5000		<b>Website:</b> <a href="http://www.fhft.nhs.uk">www.fhft.nhs.uk</a>

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<b>Author</b>	Fiona Lewis		
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### **Legal notice**

Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible. Please therefore always check specific advice or any concerns you may have with your doctor.