breastfeeding
tips
for you and your baby

**tip 1**
Involve loved ones
Family and friends are so important to us, and they can play a vital role in protecting and supporting you and your baby to breastfeed. It’s good to have someone to chat to and help you out when times get tough, so how about nominating someone to be your ‘breast buddy’ while you breastfeed to encourage and support you. It could be your mum, partner, friend or gran. If possible, ask someone who has breastfed before.

**tip 2**
Ask for support
There may be times when you’ll need more practical help. You could speak to your midwife, health visitor or a trained volunteer. You could also see if there’s a local breastfeeding group so you can meet other mums in the same situation, or call the National Breastfeeding Helpline where help and support is at hand. Don’t be afraid to ask for help to make breastfeeding work for you and your baby.
tip 3
Naturally nutritious
Breast milk gives your baby all the nutrients needed for the first six months of life, and continues to benefit your baby along with solid foods beyond this time. It also helps to protect your baby from infection and other diseases. And it can reduce your chances of getting some illnesses later in life such as breast cancer and ovarian cancer.

Tip 4
Protect against obesity
Infant formula milk does not give your baby the same benefits as breast milk. Breast milk is a complete food for your baby to digest and to help your baby grow and develop. And, breast milk provides protection against infection and obesity in the future.

Did you know?
Breastfeeding can use up to 500 calories a day, so women who breastfeed can get their figures back quicker.

Tip 5
Milk and more
At around six months, your baby will need more than breast milk alone and will be ready to eat solid foods. Introducing solid food too soon may increase the risk of infections. From around six months, your baby should be able to sit up, hold food and chew, so waiting until then to give your baby food will be easier for you both.

For more information visit:
www.nhs.uk and search for ‘weaning’, or www.eatwell.gov.uk/agesandstages/baby/weaning
Breastfeeding — every day makes a difference to your baby

**tip 6** Emotional bonding
Breastfeeding helps you and your baby to get closer — physically and emotionally. So while your baby is breastfeeding, the bond between you and your baby will grow stronger — don’t forget the skin-to-skin special cuddle.

If you need help, call the National Breastfeeding Helpline on 0300 100 0212 or visit: www.breastfeeding.nhs.uk

**tip 7** Practice makes...
Breastfeeding is a skill that needs to be learnt — and it’s a new skill for you and your baby. It can take time to get the hang of it, but it’s important to keep trying.

**tip 8** You deserve the best
Most difficulties experienced with breastfeeding come from babies not attaching to the breast properly, which can cause you discomfort and pain. If you are in any pain or having difficulties, remember help is at hand. So make sure you speak to your midwife, health visitor or a trained volunteer, or call the National Breastfeeding Helpline.

* Calls to 0300 numbers cost no more than calls to UK numbers starting 01 and 02 and will be part of any inclusive minutes that apply to your provider and call package
tip 9
Attaching your baby to your breast
Hold your baby close with their nose level with your nipple. Let their head tip back a little so the top lip can brush against your nipple. This should help the baby open their mouth.

Once the baby's mouth is wide open, bring them to your breast, chin first, head tipped back and nose clear of the breast.

This encourages your baby to take a large mouthful of breast, not just the nipple. Once attached, your baby will feed with their cheeks full and rounded.

tip 10
After a few weeks, you and your baby will get the hang of breastfeeding, which means that you will be giving your baby the very best start in life.

Breastfeeding – every day makes a difference to your baby

National Breastfeeding Helpline
0300 100 0212*
breastfeeding.nhs.uk