

**Better  
Health**

**Start  
for Life**

**NHS**

# A guide to help you start breastfeeding

Better Health - Start for Life

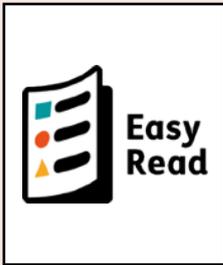
If you are not sure about any of the information in this booklet or would like support with breastfeeding, please speak to your midwife or health visitor.



**Easy  
Read**



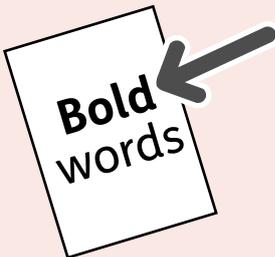
# Easy Read



This is an Easy Read version of some information. It may not include all of the information but it will tell you about the important parts.



This Easy Read booklet uses easier words and pictures. Some people may still want help to read it.



Some words are in **bold** - this means the writing is thicker and darker. These are important words in the booklet.



Sometimes if a bold word is hard to understand, we will explain what it means.



[Blue and underlined](#) words show links to websites and email addresses. You can click on these links on a computer.

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# About this leaflet



This leaflet is a guide that will explain **breastfeeding** your baby.

**Breastfeeding** is when you feed your baby milk that comes from your breasts.

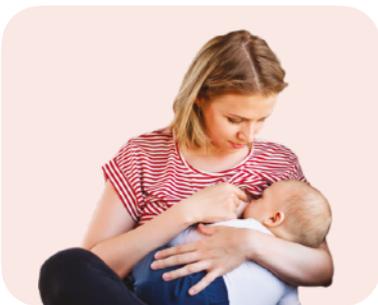
# Why is breastfeeding good?



Your **breastmilk** is made for your baby, which means it is all they need.



Breastfeeding will help stop you and your baby from getting ill.



Breastfeeding makes your baby feel loved and safe. It gives baby all the food they need.

# How long can I breastfeed?



Your baby will start to breastfeed soon after they are born.



If you are breastfeeding, carry on for as long as you both want, and ideally up to 2 years or beyond.



Breastfeeding for longer is good for both you and your baby's health.



It is best to wait until your baby is about 6 months old before you give them solid foods, alongside breastmilk.

# How do I breastfeed my baby?



Breastfeeding is something you and your baby will learn together.



It might take you a while to get it right, but there's lots of support to help you learn.

Follow these steps to start breastfeeding your baby:

1. Hold your baby close to your chest with their nose by your nipple.

Make sure your baby's body and head are facing your chest – so they do not twist their head.



Support your baby's body by holding along their back and shoulders.

Hold them so that their head can move towards your nipple.



2. Let your baby's head tip back a little so that their top lip touches your nipple.

This should help your baby open their mouth wide.



3. When your baby's mouth opens wide, their chin should be able to touch your breast.

With their head tipped back, your baby should be able to take as much breast as possible into their mouth.



4. Your baby should now breastfeed if:

- Their chin is touching your breast.
- Their nose is not blocked by your breast.



You will see more of the darker skin around your nipple above your baby's top lip.



You will see less of the darker skin around your nipple below your baby's bottom lip.

Your baby's cheeks will look round and full as they feed.

# How do I know if breastfeeding is going well?



- Your baby has a large mouthful of your breast.



- The first few sucks may feel strong, but it should not hurt.



- Your baby is taking long sucks and then swallowing.



- Your baby moves away or lets go of your breast on their own when they have finished feeding.



- Your baby is happy and does not seem hungry after breastfeeding.



There is a lot of support for you.

If you are not sure about any of these things, please speak to your midwife or health visitor.

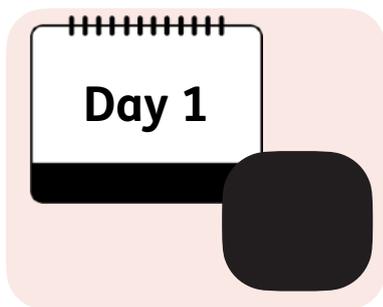
# Is my baby is getting enough breast milk?



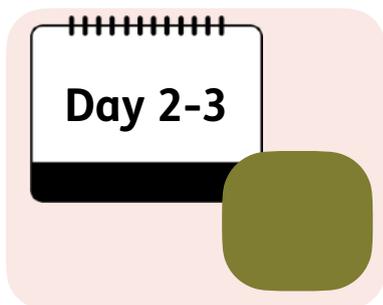
You can tell if your baby is getting enough breast milk by their **poo**.

From day 4 of breastfeeding your baby should be pooing 2 times a day or more, and it should be a yellow colour.

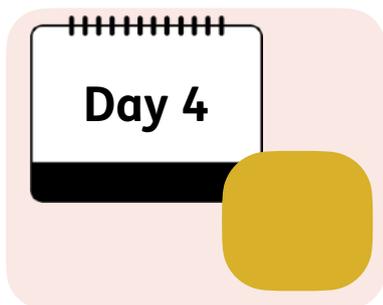
This is what your baby's poo should look like from birth:



- Day 1: Black, thick poo which is sticky.



- Day 2 to 3: Poo which is a lighter colour and slightly green.



- Day 4: Yellow poo.



You can also tell if your baby is getting enough breast milk by their **wee**.

From day 5 of breastfeeding your baby should be weeing in their nappy 6 times a day or more.



You can also tell if your baby is getting enough breast milk by their **weight**.

If they are getting heavier then they are getting enough breastmilk.



You can ask your health professional if you are worried about this.

# When to get help

You should get help if:



- Your baby does not poo for a whole day or more - this may mean they are not getting enough breast milk.



- Breastfeeding is painful and your breasts or nipples are sore or painful.



- You have any concerns about your or your baby's health.



- Your baby is often unsettled or upset.

# When should I breastfeed my baby?



Let your baby decide when they breastfeed.

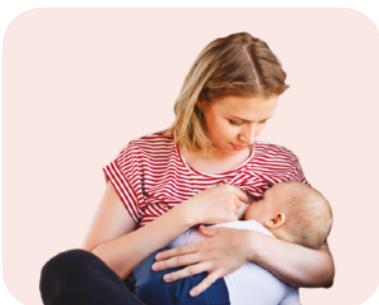
They will show you that they are hungry. They might show you they are hungry by:



- Turning their head from side to side.



- Opening their mouth and making sucking movements, or sucking on their fists.



Breastfeeding is not just about food. It is also about giving comfort, love and being close to your baby.



Breastfeed your baby when you want to sit down and cuddle, or your breast feels full.



You can not feed a baby too much breast milk.

## **Vitamin D**



It is important to give your baby Vitamin D drops from birth.



You can speak to your midwife or health visitor if you need advice about Vitamin D.

# Find out more



For lots more helpful information, you can visit: [unicef.uk/breastfeedingresources](https://www.unicef.uk/breastfeedingresources)



You can also call the **National Breastfeeding Helpline** on 0300 100 0212.



To get emails with support about being pregnant and a parent, you can visit: [www.nhs.uk/start-for-life/start-for-life-emails/](https://www.nhs.uk/start-for-life/start-for-life-emails/)



These emails will also be available in different languages.



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