

# GENERAL GUIDELINES FOR BREASTFEEDING INFANTS

**1-Before feeding**, make sure baby is **ALERT**- help by undressing, talking, singing and moving baby's limbs gently.

2-For a small and fragile baby, **WRAP in a thin blanket** with all limbs tucked in to help support of baby's body during feeding. When doing so, place the blanket in a triangle shape and place feet at the point of the triangle. Bring the point of the triangle over baby's legs and then wrap the trunk and limbs.



**3.a-Mother's position during feeding:** sit in a supported and comfortable position, if possible with back supported, knees slightly raised and feet flat on a surface. Place a blanket on mother's knees to help support baby in a horizontal position and raise nearer the breast so that mother does not have to come forward.

**3.b- Baby's position during feeding:** mother to hold baby using the opposition arm technique to help support baby's head and bring baby's face to breast (not breast to baby): opposite hand to the breast holds baby's head and other hand holds the breast if required.



**4-Communication:** Before starting to breastfeed, express 1-2 drops of milk, and rub baby's lips on milk. This will alert and prepare baby to what is happening.

5- Once baby is on the breast, **keep calm** and keep baby's head on the breast to let baby settle down and latch on!

6- If it is baby's first time on the breast, wait and see if baby latches, feed for 5 min or until baby stops. If required, finish feeding by cup or NG tube as advised by the doctor.

7- **After feeding**, place baby in vertical position on mother's shoulder or onto baby's left side when placed in cot for sleeping. This will help to help digestion and help reduce reflex.

