



The Mid Yorkshire Hospitals
NHS Trust

Infant feeding when in hospital

This leaflet is aimed at parents and provides information about feeding your baby when you come to hospital.

Breastfeeding is promoted by the Mid Yorkshire Hospitals NHS Trust as the healthiest and safest choice of feeding for both mothers and their babies. Support will be offered for all families regardless of their chosen feeding method.

The time after the birth of your baby is very important for you both to get close and learn about one another. A wonderful way to welcome your baby into the world, and get feeding off to a good start, is to spend time having skin to skin contact after birth.

This contact helps your baby by:

- allowing them to remain calm and feel safe;
- regulating their breathing and temperature
- allowing them to colonize their skin and gut with beneficial bacteria which promotes long term health.

During this time it is a good idea to offer the first feed, and feeding support will be available to you while you are in hospital. If you are choosing to formula feed, you should try to offer your baby's first feed in skin to skin if possible.

Keeping your baby close helps with:

- getting to know each other
- learning to recognise the cues that tell you if your baby is hungry, thirsty or would just like a cuddle.

Responding to these signals before your baby cries, will help them feel safe and secure, and will help to get your feeding off to a good start.

Mid Yorkshire Hospitals NHS Trust does not provide infant formula to new mothers who have made an informed choice not to breastfeed.

I would like to breastfeed do I need to bring in formula just in case?

No, your breastmilk is enough for your baby. Your body produces colostrum (the first, thick milk) in the first few days, which is perfect for a new-born's tiny stomach. It provides vital immunity and helps to get their stomach moving to pass the meconium (first stools). If you give your baby formula this will mean your body will not receive the signals to make milk. Establishing breastfeeding can take time, if this happens you will be encouraged and supported to keep your baby skin to skin and hand express to give your baby colostrum. Your breastmilk will feed and nurture the good bacteria within your baby's stomach which may reduce allergies, obesity, food intolerances, eczema and asthma later in life.

What do I need to bring with me if I wish to artificially feed my baby?

You will need to bring the following items:

- A tin of powdered infant first milk;
- A bottle brush;
- Sterilized bottles;
- Teats

The hospital will provide a steriliser and breast pump for you to use during your stay if required. Please ensure you bring powdered formula milk so that staff can support you in learning how to prepare formula feeds safely.

I am thinking about buying a Perfect Prep Machine, is this advisable?

There are some safety concerns regarding these machines.

- The amount of liquid in the 'hot shot' may not be enough to kill any bacteria in the formula.
- Once the 'hot shot' hits the cold bottle / formula, it is cooled below the recommended 70°C.
- The rest of the feed is topped up with cold, filtered water. This water has not been boiled to remove bacteria in the tap water.
- The pipes and filters within the machine require regular cleaning and changing to prevent the build-up of mould which can lead to stomach upsets in babies.

We would always recommend making up feeds with freshly boiled water at more than 70°C.

For more information about Perfect Prep machines, you can go to the First Steps Nutrition Website.

<https://www.firststepsnutrition.org/>

For information about how to make up formula feeds safely refer to the UNICEF Guide to Bottle Feeding. You can ask staff for a copy of this or follow the link below.

https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2008/02/start4life_guide_to_bottle_feeding.pdf

How much formula will my baby need?

Your baby will take small feeds to begin with, around 20 – 30mls at each feed.

There are so many brands of infant formula – which one do I choose?

Your baby needs to have a **first milk** formula for the first 12 months of their life. There is no evidence to suggest that one brand is better than another.

What if I forget to bring formula with me?

Family members will be able to purchase any formula you need from shops and supermarkets a short distance from the hospital. We do not sell formula milk on site. Some mothers may choose to breastfeed until the formula can be purchased.

What if I change my mind?

If you decide not to breastfeed or to stop breastfeeding, it is possible to restart.

If you decide you would like to breastfeed, you will be offered support with this. Remember that giving formula to a breast-fed baby will impact on your breastmilk supply.

How can I find out more about feeding my baby?

Please speak to your Community Midwife for more information about your choices relating to infant feeding. You can also seek advice and support from the sources below:

- First Steps Nutrition
<https://www.firststepsnutrition.org/>
- UNICEF
<https://www.unicef.org.uk/babyfriendly/support-for-parents/>
- Association of Breastfeeding Mothers
<https://abm.me.uk/>
- The Breastfeeding Network
<https://www.breastfeedingnetwork.org.uk/>
- Drugs in Breastmilk Information Service
<https://www.breastfeedingnetwork.org.uk/detailed-information/drugs-in-breastmilk/>
- La Leche League
<https://www.laleche.org.uk/>
- The Multiple Births Foundation
<http://www.multiplebirths.org.uk/>
- National Childbirth Trust
<https://www.nct.org.uk/>
- National Breastfeeding Helpline
<https://www.nationalbreastfeedinghelpline.org.uk/>

Information about responsive bottle feeding

For information about responsive bottle feeding see UNICEF “Infant Formula and Responsive Bottle Feeding – A Guide for Parents”.

Local help and support support

If you need help with breastfeeding, you can contact your community midwife, infant feeding specialist, health visitor, a local breast feeding group or a breastfeeding helpline.

Further information

Professional Midwifery Advocates

Telephone : 01924 541000

Leigh-Anne Hartley, Infant Feeding Coordinator

Telephone: 07824 417802

Postnatal ward (Pinderfields): 01924 541693

Pinderfields Birth Centre: 01924 543005

Dewsbury Birth Centre: 01924 319152

We are committed to providing high quality care. If you have a suggestion, comment, complaint or appreciation about the care you have received, or if you need this leaflet in another format please contact the Patient Advice and Liaison Service on: **01924 542972** or email: **myh-tr.palsmidyorks@nhs.net**

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