

Postnatal care and support

Infant feeding
and blood spot tests

An easy read guide

This booklet is about postnatal care: Infant feeding and blood spot tests

There are 7 booklets in total

Booklet 1: Postnatal care, birth registration and coronavirus

Booklet 2: Resuming sexual intercourse and contraception

Booklet 3: Maternal physical wellbeing and health concerns

Booklet 4: Emotional wellbeing and mental health

Booklet 5: Infant feeding and blood spot tests

Booklet 6: Baby care and wellbeing

Booklet 7: Coping with crying and safe sleeping

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Breastfeeding



Just like any new skill, breastfeeding takes time and practice to work. In the first few days you and your baby will be getting to know each other and you may need a lot of support. This is normal.



Having close contact and holding your baby 'skin to skin' can really help.



Making milk

With each breastfeed your baby lets your body know how much milk it needs to make.



During the early days when you feed more often, milk producing cells in your breasts switch on. The more often you feed the more milk cells are switched on. This helps with long term milk production.

Latching



Hold your baby's whole body close with their nose level with your nipple.



Let your baby's head tilt back a little so their top lip can brush against your nipple.

This should help your baby to make a wide open mouth.



When your baby's mouth opens wide their chin should be able to touch your breast first. Their head should be tipped back so their tongue can reach as much breast as possible.



With your baby's chin firmly touching your breast and their nose clear the mouth should be wide open.

You should see much more of the darker skin nipple above your baby's lip than below their bottom lip. Your baby's cheeks will look full and rounded as they feed.

Feeding cues



Your baby will let you know when they want feeding. They will move their head around and suck on their fingers.



Keeping your baby close to you will help you recognise when they want to be fed.



Feeding when your baby is just waking rather than waiting for them to cry makes it easier for both of you.



Feeds can also be for love, comfort and reassurance between you and your baby. This is called responsive breastfeeding.



You can offer your breast if your baby is cranky, tired or crying. It will make both of you feel better.



You can also offer your breast to meet your needs. Maybe before you go out, before bedtime or because you just want to rest and have a cuddle.



Your baby cannot be overfed or spoiled by too much breastfeeding.



Try to give most of the feeds yourself. This will make your baby feel safe and secure. It will also help you build a loving and close relationship with your baby.

Being fed by lots of different people can be stressful for a baby.



There are a few different breastfeeding positions you can try.

These are 3 of the most popular.

Cradle hold.



Rugby ball/Clutch.



Laying.

Vitamin D



Vitamin D helps manage the amount of calcium and phosphate in the body.

These are nutrients that keep bones, muscles and teeth healthy.



You and your baby should have a supplement of Vitamin D if you are breastfeeding.

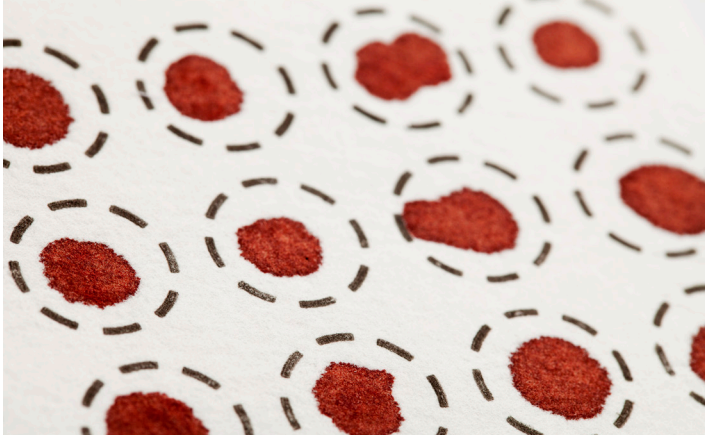


This is extra Vitamin D. It is normally drops or medicine for babies.

Your baby also needs extra Vitamin D if they are having formula feeds.

Your midwife can tell you where to get Vitamin D supplements.

Newborn blood spot screening



This is a test to find out if your baby has any rare health conditions. It tests for things like sickle cell disease, cystic fibrosis and 7 others.



All the conditions are inherited. This means that it is caused by genes from the baby's parents.



If you or the baby's father or another family member has any of the rare health conditions it is very important that you tell your GP or midwife straight away.



If the baby has any of the rare health conditions it is important that they are treated early. This can improve their health.

How is the test done?



The test is done when your baby is 5 days old. It involves taking blood from your baby's heel. The blood is then put on a card which is then sent to a lab for testing.

You should receive the test within a few days.



Adult improving access to psychological therapies programme - emotional and mental health support

Wakefield: Turning Point

Tel: 01924 234 860

Email: wakefield.talking@turning-point.co.uk

gateway.mayden.co.uk/referral-v2/ec23d2e0-ba2d-4e0f-af63-d0a151c585dc

Leeds: Leeds Mental Wellbeing Service

Tel: 0113 843 4388

Email: leeds.mws@nhs.net

www.leedscommunityhealthcare.nhs.uk/our-services-a-z/leeds-mental-wellbeing-service/home/

Bradford and Airedale: Relate

Tel: 01274 726 096

Email: information@relatebradford.com

www.relate.org.uk/find-my-nearest-relate/centre/bradford-relate-centre

Calderdale: IAPT

Telephone: 01484 343700

Email: iapt.admin@swyt.nhs.uk

www.southwestyorkshire.nhs.uk/services/improving-access-to-psychological-therapies-iapt/

Kirklees

Tel: 01484 343700

Email: IAPT.Admin@swyt.nhs.uk

kirkleesiapt.co.uk/

Harrogate: IAPT

Tel: 01423 852137/852062

northyorkshireiapt.co.uk/

Department	Airedale	Bradford Teaching Hospitals NHS Foundation Trust, Women's and New-born unit	Calderdale & Huddersfield
Triage	01535 292120	01274 364532/364531	MAC 24 hours a day 01422 224419 Huddersfield Community Maternity Advice Line 01484 355743 open 8.30am-4.30pm Monday-Friday
Postnatal Ward	01535 292211	Postnatal ward M4 01274 364539/364540	01422 224249
Community Office	01535 292211/2	Postnatal, Antenatal & Induction Suite M3 01274 364536/364537	01484 355754
Debrief Clinics/	01535 292409	Via midwife, health visitor or GP	Maternity Reception (appointments) 01422 224125 Women's Health Reception (appointments) 01484 342666
Feeding Support	01535 292383	01274 364583	01422 224925
Local Contraception/ Sexual Health	01535 607333	0303 3309500	0303 330 9981

Harrogate	Mid Yorks	Leeds
01423 557548/557531	01924 543002	SJUH 0113 206 5781 LGI 0113 392 6731
01423 553157	01924 541693	SJUH 0113 206 9105 LGI 0113 392 7436
01423 553051	Wakefield: 01924 543424 Pontefract: 01977 747430/31 Dewsbury: 01924 319152	0113 206 3329
Please speak to a member from the midwifery team of the midwifery team regarding a referral	01924 541118/541114	SJUH leadsth-tr.birthmatters@nhs.net LGI leadsth-tr.birthmattsteam@nhs.net
01423 553157 or 01423 553051	Families and babies: 01924 851901 Auntie Pams: 01924 438316 add Midwife: 07824417802	0113 206 4360
01904 721111 www.yorsexualhealth.org.uk/clinics/heatherdene-centre-for-sexual-health/#	Kirklees: 0303 0303 9981 Wakefield: 01924 327586	Leeds Sexual Health 0113 392 0333