NEWBORN FEEDING
BREASTFEEDING

DISCHARGE

BFHI STEP 10 – FOSTER THE ESTABLISHMENT OF BREASTFEEDING SUPPORT GROUPS AND REFER MOTHERS TO THEM ON DISCHARGE

AIM

To provide mother with information on community supports to enable her to successfully breastfeed her baby at home.

KEY POINTS

1. Any baby unable to attach, fully breastfeed or has weight loss > 10% shall be reviewed by the paediatrician prior to discharge and have follow up at the Breastfeeding Centre or with their Child Health Nurse or Community Nurse

2. **Prior to going home ensure the mother:**
   - recognises her baby’s feeding cues
   - has been instructed on how to position and attach her baby at the breast correctly. Those women whose baby is not able to effectively attach and feed, or who have damaged nipples will need electric breast pump loan arranged and follow up at the Breastfeeding Centre.
   - has been shown how to hand express her milk and has written information in the form of a booklet: Breastfeeding and Breast care. If the mother has not previously received a copy, provide the relevant information. Women can be shown how to access the booklet online via the following link:
   - understands the concepts of let down reflex, baby led feeding, demand/supply and breastfeeding
   - understands that the baby should feed at least 8-12 times in 24 hours, including night-time
   - recognises effective nutritive sucking pattern of breastfed baby
o recognises signs of adequate hydration of fully breast fed babies.\textsuperscript{1, 2} For the first 1-2 days the baby only has 1-3 wet nappies per 24 hours and should pass several meconium stools.

o is aware of settling techniques for her baby

3. \textit{Once the baby is receiving mature milk the mother should know to expect:}

- 6-8 wet cloth nappies (or 5 disposable nappies)
- clear or pale urine
- soft, yellow bowel actions, 2-3 per day in the first 4-6 weeks.\textsuperscript{2}
- bright eyes that are alert and clear
- good skin tone
- a period of wakeful contentment during the day

4. \textit{Community Support}

Mother should be made aware of breastfeeding community supports:

- Australian Breastfeeding Association 7 day counselling roster, phone 1800686268
- Child Health Nurse/Community Nurse
- KEMH Breastfeeding Centre of WA phone 08 93401844
- ensure adequate follow-up of any problems by Visiting Midwife / Community Nurse / Other community support - as deemed appropriate.

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<thead>
<tr>
<th>Australian Breastfeeding Association (ABA)</th>
<th>1800 686 268</th>
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<tbody>
<tr>
<td><a href="http://www.breastfeeding.asn.au">www.breastfeeding.asn.au</a></td>
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<td>Counselling service – 7 days a week</td>
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<tr>
<th>Breastfeeding Centre WA</th>
<th>(08) 9340 1844</th>
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<tr>
<td>KEMH counselling and appointment service</td>
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<td>Mon-Fri 8.00am – 4.30pm</td>
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| General Practitioner                       |                |
| Health Direct                              |                |
REFERENCES (STANDARDS)


National Standards – 12- Service Delivery
Legislation - NIL
Related Policies - Nil
Other related documents – KEMH [Newborn Feeding Guidelines](#)

RESPONSIBILITY
Policy Sponsor Nursing and Midwifery Director OGCCU
Initial Endorsement May 2003
Last Reviewed October 2015
Last Amended
Review date October 2018