

8 NEWBORN FEEDING

8.1 BREASTFEEDING

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8.1.15 Discharge
Section B
Clinical Guidelines
King Edward Memorial Hospital
Perth Western Australia

8.1.15 DISCHARGE

BFHI STEP 10 – FOSTER THE ESTABLISHMENT OF BREASTFEEDING SUPPORT AND REFER MOTHERS ON DISCHARGE FROM THE FACILITY

AIM

To provide mother with the information on community support 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 community health midwife.
2. **Prior to going home ensure the mother:**
 - has been instructed on how to position her baby at the breast correctly. Those women whose baby not able to achieve attachment, or who have damaged nipples will need electric breast pump hire arranged and follow up at the Breastfeeding Centre.
 - is aware of hand expressing technique and has written information in the form of a booklet: Breastfeeding and Breast care. Midwives will ensure each woman has this booklet postnatally.
 - understands the concepts of let down reflex, baby led feeding, demand/supply breastfeeding
 - understands that the baby should feed 8-12 times in 24 hours
 - recognises effective nutritive sucking pattern of breastfed baby
 - recognises her baby's feeding cues
 - is aware of settling techniques for her baby
 - recognises signs of adequate hydration of fully breast fed babies.^{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.
3. **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.²
 - bright eyes that are alert and clear
 - good skin tone
 - a period of wakeful contentment during the day

4. **Community Support**

Mother should be made aware of breastfeeding community supports:

- Australian Breastfeeding Association 7 day counselling roster, phone 08 9340 1200
- Child Health Nurse
- KEMH Breastfeeding Centre of WA phone 0893401844
- adequate follow-up of any problems by Visiting Midwife / Community Nurse / Other community support should be provided - as deemed appropriate.

Breastfeeding Centre WA (KEMH) Mon-Fri 8.00am – 4.30pm Appointments Telephone counselling service	(08) 9340 1844
KEMH Pharmacy Department Obstetric Drug Information Service	(08) 9340 2723
Australian Breastfeeding Association (ABA) <ul style="list-style-type: none"> • 24 hour counselling service • ABA groups provide counselling, mother to mother support and social occasions for mothers and young children. 	1800 686 2686
Community Nurse (Child Health) (If own unavailable)	(08) 9481 2203
Ngala Family Resource Centre After hours 5 – 10pm Monday-Sunday 8am – 1 pm weekends and Public Holidays	(08) 9368 9368 (08) 9367 3256
Princess Margaret Hospital	(08) 9340 8222

REFERENCES:

1. Brodribb W. **Breastfeeding Management**. 3rd ed. Riverwood NSW: Ligare Pty Ltd; 2004.
2. Livingstone VH, et al. Neonatal hypernatraemic dehydration associated with breastfeeding malnutrition. **Canadian Medical Association Journal**. 2000;165(5):647-52.

