North Somerset Infant Feeding Care Pathway

Antenatal Period

By 12 weeks:
- Health & Social Care Assessment at Booking Visit
  - Discuss eligibility for Healthy Start vouchers & vitamins
  - Invite to antenatal breastfeeding education session
  - Provide details of North Somerset Children’s Centres

By 32 weeks:
- One-to-one discussions on infant feeding with midwife - Discuss benefits of breastfeeding & practical information using the ‘antenatal checklist’ in the maternity book
- Antenatal Health Visitor appointment (between 28-32 weeks) - opportunity to discuss feeding and sensitive parenting

Provided to every women: Provided if relevant:
- Essential Guide to feeding & caring for your baby
- Opportunity to watch Bump to breastfeeding DVD
- Start4Life ‘Off the best start leaflet’
- Start4Life ‘Breastfeeding at study or work’

32 weeks+ Antenatal session on breastfeeding by midwifery team
- Discuss the benefits of breastfeeding and tips on caring for baby in ways which enhance wellbeing and development
- Introduce/invite to local breastfeeding support group

Early Postnatal Period (At hospital / birth centre / midwifery unit / home)

Birth:
- Offer uninterrupted skin-to-skin contact straight after the birth
- Support first feed in skin-to-skin contact when the baby shows signs of readiness to feed

First 6 hours: and until the mother and baby are feeding confidently
- Offer further help with breastfeeding and show how to position and attach baby at the breast
- Teach how to recognise babies’ feeding cues and encourage responsive feeding
- If separated from baby, mothers should be taught how to hand and pump express
- Mothers who chose to bottle feed with infant formula are shown safe preparation of formula feeds and importance of responsive feeding

By day 3: Community midwife
- Discuss feeding with mother and complete Formal Feeding Assessment using the Breastfeeding Assessment Tool (in maternity book)
- Mother made aware of home and phone support available from midwifery team if she has any concerns (available for 28 days)
- Information given about local breastfeeding support services

Provided if relevant (website link or hard copy):
- Caring for your baby at night: A guide for parents
- Start4Life ‘Guide to bottle feeding’

Later Postnatal Period (At home and in the community)

By day 10-14: Midwifery team hand over to Health Visiting team
- First visit by Health Visitor – including formal breastfeeding assessment using the NSCP feeding assessment form and checklist
- For mothers who formula feeding staff will ensure that they have the information they need to enable them to do so as safely as possible

By 8 week:
- 6-8 week check by Health Visitor - health review and feeding discussion
- Mother and baby reviewed by GP - breastfeeding status recorded

Ongoing support: available to all mothers whilst breastfeeding
- Home and phone support by health visiting team available as needed
- Additional support available from children’s centres, breastfeeding support groups (peer support), breastfeeding councillors & Breastfeeding Helpline
- Opportunity for a discussion about options for continued breastfeeding and/or introducing solid foods with health visitor or breastfeeding support services

Check all relevant resources have been provided (website link or hard copy):
- Mastitis and Breastfeeding
- How safe is…? Alcohol, smoking, medicines and Breastfeeding
- Your guide to your baby’s weight and breastfeeding
- Start4Life Introducing solid foods

Individual Needs:
- Multiple births
- Diabetes
- Breast surgery
- Caesarean section
- Social-economic factors
- Teenage pregnancy
- Healthy Start recipients

Individual Needs:
- Mothers and babies who need individualised support (e.g. hypoglycaemia, reluctant feeders, jaundice) receive care as set out in the hospital policy

At Every Stage
- Fathers and partners should have the chance to discuss feeding with the health professional at every stage
- Mothers will be provided with information about places locally where breastfeeding is known to be welcomed (North Somerset Breastfeeding Welcome scheme)