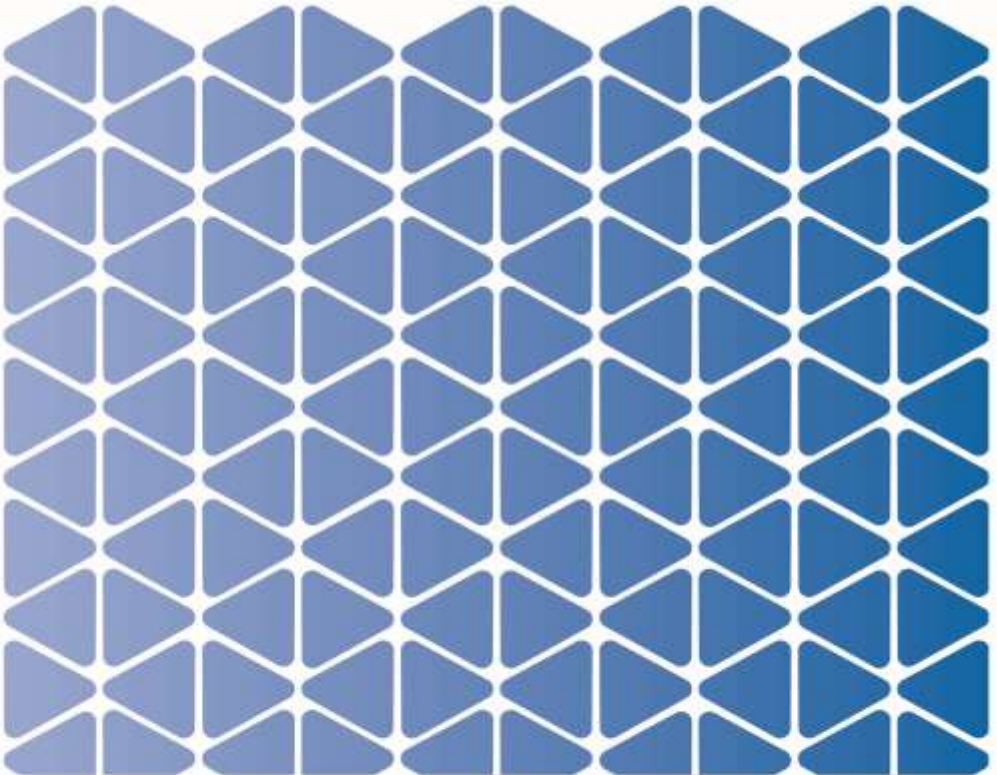




PATIENT INFORMATION

# Feeding Your New Baby Whilst in Hospital



Worcestershire Acute Hospitals promotes breastfeeding as the healthiest choice for mothers and babies. We recognise the important benefits it provides for both you and your baby, and you will have an opportunity to discuss this during your pregnancy.

We will provide information and support for all mothers, however you choose to feed your baby.

Our maternity staff are trained using the Baby Friendly Initiative standards, which means we provide best practice standards in infant feeding. Staff will offer support and guidance in the early days to help you get breastfeeding off to a good start.

After your baby is born, it is an important time for you both to get close and develop your relationship. A lovely way to welcome your new little one is to spend time with your new baby in skin to skin contact. This will help your baby feel safe, warm and secure. To help with this transition, we encourage all mothers to feed their baby in skin contact at this time and will provide you with the support you need.

Worcestershire Acute Hospitals maternity unit will no longer providing formula milk to new mothers who have made an informed choice not to breastfeed.

### **What do I need to bring with me if I have chosen to formula feed my baby?**

You will need to bring with you a first milk starter pack. These can be purchased at most supermarkets and include 6 ready to feed bottles and teats.

**Please DO NOT bring in larger cartons of ready to feed formula or powder to be made up, as we will be unable to store them safely once opened and do not have the facilities for making up feeds.**

Expect to use around 8 bottles and teats on the first day.

### **I would like to breastfeed, do I need to bring in formula milk just in case?**

No, your breastmilk will provide all the nutrition your baby needs. If you give your baby formula milk, your body will not receive the signals for you to make enough milk.

The staff will show you how to hold your baby and how to latch your baby on to your breast. The staff will also teach you how to hand express breastmilk. This will ensure your baby will receive enough milk.

If there is a medical reason your baby needs to be given formula milk this will be discussed with you and will also be provided.

### **Where can I find further information about what formula to choose?**

[www.firststepsnutrition.org](http://www.firststepsnutrition.org) . This website offers evidence-based, unbiased information on formula milks and childhood nutrition.

### **Other information sources**

[www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2008/02/start4life\\_guide\\_to\\_bottle\\_feeding.pdf](http://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2008/02/start4life_guide_to_bottle_feeding.pdf)

<https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/bottle-feeding-resources/infant-formula-responsive-bottle-feeding-guide-for-parents/>

# **Any queries or concerns please contact your community midwife or the Infant Feeding Team.**

Infant Feeding Team  
Worcestershire Royal Hospital  
01905 760507

## **Patient Experience**

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

## **Feedback**

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

## **Patient Advice and Liaison Service (PALS)**

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

## **How to contact PALS:**

Telephone Patient Services: 0300 123 1732 or via email at: [wah-tr.PET@nhs.net](mailto:wah-tr.PET@nhs.net)

## **Opening times:**

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.