

# Top tips for increasin yer chances o successful breastfeedin

**Be prepared** – visit the **ParentClub.scot** website an read yer copy o 'Aff tae a Guid Stert: Aw ye need tae ken about breastfeedin.'

**kin tae skin immediately efter birth is the best stert tae breastfeedin** –

Tthe bairn is held near yer breast an this will encourage bairn tae breastfeed. If yer bairn is sleepy, continue wi lots o skin-tae-skin contact. Ye nicht want tae haund-express yer milk until yer baby is ready tae feed. If you or yer bairn arenae weel efter birth hae skin tae skin as suin as ye can.

**Feed responsively** – whenever yer bairn shows feedin cues or juist tae comfort them. It is grand for ye tae coultle yer bairn tae feed if yer breasts feel ower fou or ye juist want tae rest an feed yer bairn. Bairns feed aften an for different periods o time, sae dinnae worry if there's nae set pattern. Ye cannae spoil a baby!

**Be patient, forbeir an practise the basic skills** – this taks time for ye baith but it's much easier aince ye get the hang o positionin an attachment.

**Avoid giein onythin ither than yer breast milk** – particularly in the early days as this can affect yer milk production. Early an frequent feedin efter giein birth will stimulate yer milk supply. Whiles it seems like a lot o feedin but it's normal an will settle doon.

**If ye're in difficulty dinnae gie up, get determined an get help insteid** – visit **ParentClub.scot**, caw the helpline **0300 100 0212**, or blether wi yer midwife or health veesitor. Gang tae a local breastfeedin support group or if ye hae contacts for local peer supporters then caw ane. Breastfeedin is worth the effort!



# How dae A express bi haund?

## Step 1

Stert aff bi encouragin yer milk tae flow – bein near yer bairn will help. Tae express bi haund, stert bi gently massagin yer breest an nipple tae stimulate the hormones needit tae release milk.



## Step 2

Set yer thoubm an fingers in a 'C' shape, 2 tae 3 cm back frae the base o yer nipple.



## Step 3

Cannily press an release, press an release, an keep repeatin until yer milk sterts tae flow. This micht tak a few minutes.



## Step 4

When the flow slows doon, move yer fingers roond tae a different pairt o yer breest an stert again. If yer bairn ainly feeds frae ae breest, ye could express frae the ither.



# Positionin an attachment

**Bairns ken instinctively how tae attach theirsels tae the breest tae feed, but maws can help bi haudin (positionin) their bairns in a way that helps them dae this. In the early days, it's guid tae spend some time wi yer baby workin oot the best position for ye baith.**

How ye haud yer bairn ('positionin') an how yer baby attaches tae yer breest ('attachment') can mak the difference atween a pain-free, comfortable feed where yer bairn gets enough milk, an ane which is painful for ye an frustratin for yer baby. Yer midwife, health veesitor or faimly nurse can gie ye advice, but these pages will act as a helpfu reminder.

Ye can find oot mair aboot positionin an attachment on the [parentclub.scot](https://parentclub.scot) website.

## Step 1 held close

Yer bairn needs tae be held close durin breastfeedin. This means she disnae hae tae stretch tae reach yer breest an it will also be mair comfy for you.

Her heid, neck, chest an hips should aw face the same direction tae mak shair she comes tae yer breest at the richt angle. Forby this encourages her tae tilt her heid back – it is difficult for her tae swallae if her body is twistit.

Her neb should be level wi yer nipple, sae when she coups her heid back tae feed, yer nipple can safely reach the back o her mooth.



**Ivery mither an bairn is different an ye'll find a position that's comfy for ye baith.**

## Step 2

### heid free

Juist afore she attaches, her heid should be free, sae ye can support her ahint her neck an shouders. She will instinctively coup her heid back. This will allow her tae open her mooth wide, lead in wi her chin an get a guid moothfu o breast.

Mind – ye should bring her swiftly tae yer breast (no the ither wey round). Her tongue an bottom lip should mak contact wi yer breast first.



**Mak shair ye speir for help if ye need it.**

## Step 3

### mooth open

Her mooth should be wide open. Her chin should be touchin yer breast, an her cheeks should be fou an roondit.

If ony o yer areola (the derker area round yer nipple) is visible, mair should be seen above her top lip than ablow her bottom lip.

Some maws experience initial discomfort for a few saiconts but this should fade quickly an breastfeedin shouldnae be sair. When yer bairn is weel attachit ye will notice her rhythmic suckin, swallaes an pauses durin her feed.



It's important for yer baby tae be properly attachit. This means she will get enough milk an the risk o developin problems will be reduced

