

Breastfeeding support

Please ring 021 492 0752 or 087 662 3874 Veronica Daly / Susan O'Driscoll Monday to Friday.

The primary focus of Breastfeeding Support in CUMH is to protect, promote and support breastfeeding within the hospital. We provide a wide range of services for breastfeeding mothers and their babies both as inpatients and also post discharge.

Why should you breastfeed your baby?

The World Health Organisation recommends that you breastfeed your baby exclusively for six months and thereafter in combination with solids for up to 2 years and beyond.

Babies grow and thrive on breast milk alone. Your milk is tailor designed for his development. **Indeed, it is unique.**

Your milk protects your baby from gastrointestinal disease and other common childhood illnesses. Your milk is easy for your baby to digest.

As a mum, when you breastfeed, you have less chance of breast and ovarian cancer later in life. It also helps you to lose weight gained, during your pregnancy.

Breast milk is free and mums enjoy the closeness and the bond that develops between you and your baby through breastfeeding. You and your baby will learn together what works best for you. Be patient, as it takes time to become fully established in breastfeeding.

How to prepare to breastfeed

At your booking visit to the hospital, and on subsequent antenatal visits, breastfeeding is discussed with your midwife.

We also encourage all pregnant woman to link in with the voluntary support groups.

On our website, we list a variety of useful breastfeeding videos, many of them filmed in Cork University Maternity Hospital - <https://irelandsouthwid.cumh.hse.ie/maternity-care/online-parentcraft-education/online-learning-breastfeeding/>

We also provide an online antenatal breastfeeding preparation class in CUMH via Webex.

This can be booked by emailing cumh.breastfeedclass@hse.ie

The class takes place on a Monday morning from 10:00-12:30 approx. Find out more on our website here <https://irelandsouthwid.cumh.hse.ie/maternity-care/feeding-your-baby/>.

In our breastfeeding classes we cover topics including:

- Importance of exclusive breastfeeding
- Practices that support initiation of breastfeeding
- Supportive labour and birth practices
- Skin to skin contact
- Breastfeeding in the first half hour
- Breastfeeding skills such as good positioning, attachment and hand expressing
- Rooming In
- Frequency of feeds
- Partners role when you are feeding
- Vitamin D
- How to sort problems that may arise and where to find help
- We provide attendees with the booklet "Breastfeeding. A good start in life"
- We discuss the supports that are available to breastfeeding mums in the community e.g. Public Health Nurse, peer support groups, accredited La Leche League Leaders, Cuidiú and Friends of Breastfeeding with their "Buddy" system

After birth of baby when mum is an inpatient

Breastfeeding is supported in all areas in CUMH. When babies are born we encourage safe skin to skin contact between mother and baby.

It helps the baby to adjust to life outside the womb and is highly important for supporting mothers to initiate breastfeeding and to develop a close, loving relationship with their baby (UK, Baby friendly 2018).

All mothers are offered assistance with the first feed within the first hour and subsequent feeds, if needed. We assist mothers to learn the skill of positioning and attachment. Correct attachment is the secret to successful breastfeeding.

We promote "rooming in" and avoidance of teats and pacifiers, as this can impact on your breastfeeding experience.

Your midwife will support you with breastfeeding your baby. If any issues arise we are available for more support on a one to one visit

After mums discharge from hospital

Breastfeeding helpline CUMH

Please ring if any concerns arise:

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20 Tips for making your breastfeeding journey enjoyable in CUMH

1. Attend a breastfeeding class, in the antenatal period
2. Check out where your local support group is and attend same while you are pregnant
3. Go to antenatal birthing classes to prepare yourself for the birth of your baby, knowledge is power
4. Ensure safe skin to skin contact as soon as possible after birth
5. Feed your baby as soon as possible after birth, preferably within the first half an hour
6. Feed your baby regularly, ever 2 to 3 hours after birth
7. If your baby is not feeding as well as you want, hand express your milk and give to your baby
8. Don't be afraid to ask for help
9. Attend our support groups online (find out more on our [website here](#)) or in person support groups in the community when covid-19 restrictions allow
10. Ring our helpline for support or any queries
11. Keep well hydrated; always have a glass of water close-by
12. Take all the help that is offered
13. Take naps during the day....recharge the batteries...POWER NAPS!
14. Turn off the phone and enjoy your baby
15. Ensure your baby is in a correct position when feeding
16. Remember the motto.. Tummy to Mummy, Nipple to nose
17. Make sure baby's mouth is Wide Open when feeding
18. Ensure that baby is having plenty wet and dirty nappies ([breastfeeding.ie Guidelines for mother's early days](#))
19. Alternate breastfeeding positions, a change is good to drain your breasts
20. Remember breastfeeding is giving your baby the very best start in life!



Breastfeeding websites:

Please visit <http://mychild.ie/>, which will link you to <http://breastfeeding.ie/>

mychild.ie

Here you can watch numerous videos on breastfeeding, talk with an accredited lactation consultant in pose a question for "Ask the Expert" and check out local breastfeeding support groups in the Support Search Section.

This is a wonderful resource for all our mothers!

Breast milk donations: infoenquiry@westerntrust.hscni.net

Premature babies: <http://www.inha.ie/nutrition/>

Support for parents: <https://www.unicef.org.uk/babyfriendly/support-for-parents/>

List of breastfeeding support groups in Cork: <https://www2.hse.ie/services/breastfeeding-support-search/?county=Cork>