

Saturday

“Nipple was worse today, so I phoned the National Breastfeeding Helpline for help. Glad I’d put the leaflet near the phone. I was put straight through to a Breastfeeding Network Registered Breastfeeding Supporter, a trained volunteer in my town, and she came round to see me*.

She watched us feeding and explained that if I alter Tom’s position slightly he can attach better to my breast, helping him to feed more efficiently and stopping my nipple soreness. I also asked about the leaking - it seems that some women do and some don’t. I’ve discovered washable breast pads, they’re great at soaking up the leaks.”

* (A visit is not always possible so volunteers are skilled at helping over the phone).

Sunday

“I can’t believe it! My nipples are absolutely fine now after being so sore. Tom doesn’t seem to need feeding for quite as long; he must be finding it easier and quicker to get what he needs. I’ve also managed to stop worrying about him getting enough; the BfN Supporter explained yesterday about the sorts of things to look for and one of those is lots of wet and dirty nappies - well he’s getting loads of them!

I’m much more confident now. I’ve realised I’ve just got to trust Tom to let me know when he’s hungry and when he’s full.”

National Breastfeeding Helpline

0300 100 0212

Lines open 9.30am to 9.30pm 365 days*

Breastfeeding Network Supporterline

0300 100 0210

Lines open 9.30am to 9.30pm 365 days*

Visit

www.breastfeedingnetwork.org.uk

The Breastfeeding Network is an independent voluntary organisation offering support and information to breastfeeding women and those involved in their care.

This leaflet was created by Kate Barker BfN Registered Breastfeeding Supporter and revised by the Breastfeeding Network in 2008

Photograph by Peter Masson

Leaflets ‘Breastfeeding your baby’ and ‘Sharing a bed with your baby’ are available from The Baby Friendly Initiative / UNICEF www.babyfriendly.org.uk

National Breastfeeding Helpline
Volunteers from the Breastfeeding Network and the Association of Breastfeeding Mothers answer calls to the National Breastfeeding Helpline.
www.nationalbreastfeedinghelpline.org.uk

*NBH calls connect you to your nearest BfN or ABM volunteer. Calls to 0300 numbers cost no more than calls to UK numbers starting 01 and 02 and will be part of any inclusive minutes that apply to your provider and call package.

The Breastfeeding Network is a Company Limited by Guarantee Registered in Scotland Company No 330639

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The Breastfeeding Network **Baby Tom's** first week

A new mum's diary



Baby Tom's first week

Monday

“Wow! Had the baby today. He's the most beautiful baby boy. We've decided to call him Tom.

Managed to get the breastfeeding started eventually. Tom wasn't very interested at first, but we cuddled for about an hour and had lots of skin to skin contact, and he started rooting for my nipple, so the midwife helped us with our first feed.

It didn't hurt, but it felt a bit strange at first.”

Tuesday

“Feeling really tired today. Tom didn't settle very well last night. I'm feeding Tom as often as he seems to want it.

I'm hoping to go home later today when the paediatrician has been to check on Tom. The midwives keep coming to see if everything is ok. It's good to know help is there if I need it.”

Wednesday

“Discharged home yesterday afternoon after the paediatrician came and checked Tom. It's been all go since then. It was strange coming back to the house as two people, when I had left it as one. All our friends and family want to visit and it's been a bit embarrassing trying to get Tom in the right position and latched on with people watching. Eventually I asked them if they could wait in the other room until we were sorted, then they came back in.

Still managing the breastfeeding ok, Tom wants to feed quite often, but I'm sleeping when he sleeps, now the visitors have gone, so I'm not too tired.”

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Thursday

“Woke up in the middle of the night looking like Dolly Parton and feeling like my breasts were going to explode. I called the midwife, who said it was the change from colostrum to milk and not to worry. She came to visit later on and showed me how to gently express some of the milk by hand so that Tom could feed more easily.

She also reminded me about the discharge pack which I'd been given at hospital with numbers for the breastfeeding helplines. I'll keep the number for the National Breastfeeding Helpline near the phone. There are some really useful leaflets by UNICEF Baby Friendly Initiative too, on breastfeeding and bed sharing plus a list of breastfeeding drop-in groups in my area for once we're out and about.”

Friday

“Still continuing the breastfeeding, but I'm a bit worried because I can't tell how much milk Tom is getting. He feeds a lot and I'm kind of frightened that I might run out of milk. Also, one of my nipples is starting to feel a bit sore.

My breasts are leaking a lot so I'm constantly soggy and the washing machine is always on.”

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