

# **Information for mothers who are not intending to breastfeed their baby**

## **Patient Information Leaflet**

At Airedale Hospital NHS Foundation Trust we aim to ensure that however you feed your baby, you feel supported in your choice and are enabled to do so safely and in an informed way.

You will have the opportunity during your pregnancy to discuss your thoughts and feelings about feeding and caring for your baby with a midwife or other trained member of staff.

Breastfeeding is the healthiest way to feed your baby and doesn't cost anything. If you use formula milk, it is very important for your baby's health that you follow all instructions carefully. It is possible, but difficult, to reverse a decision not to breastfeed or to re-start breastfeeding once you have stopped. Introducing partial formula-feeding will reduce a mother's breast milk supply. Breastfeeding mothers don't need to eat any special foods but just like everyone else they are advised to eat a healthy diet. (The Infant Formula and Follow-on Formula (England) Regulations 2007)

Current literature suggests that formula feeds are commonly made up incorrectly and this concerns us. (Renfrew et al, 2008)

So that we can support you to use the equipment that you will be using at home and to ensure feeds are made up as safely as possible - mothers who intend to formula feed their baby will be required to bring their own:

- Bottles x 2
- Teats x 2
- Bottle Brush x 1
- One tin of **First** Infant Formula Milk Powder

A member of staff will help you and your partner prepare feeds and sterilise equipment until you are confident.

**Please Note:-**

- We advise you to bring a **tin** of baby milk powder into hospital rather than just ready-made formula so that we can show you how to prepare it safely.
- Do not bring cartons of ready-made formula as we are not able to store/ refrigerate them once opened.
- If you chose not to give your baby a first breastfeed during skin to skin contact we will provide your baby's first formula feed on the labour ward. We will encourage this to be given by the mother whilst baby is still in skin to skin contact to help with bonding.
- In case you don't feel well enough to make up your first few feeds or if you are planning an early discharge home direct from the labour ward, you may also want to consider bringing in one or two ready-made formula bottles with teats from a manufacturers "starter pack".
- On the Postnatal Ward we have a milk kitchen where we will provide washing up facilities, hot water and sterilising units. You will be asked to keep your formula in your hospital locker during your admission except for when you are preparing your baby's next feed in the milk kitchen.

There will not be any facilities for making up your own powdered formula milk on the Labour Ward.

We will also provide you with written information which will include managing feed preparation at night-time or when you are away from home.

If you forget to bring formula milk and bottles into hospital and you do not wish to breastfeed, or if you decide to change your method of feeding, our staff will advise you.

The maternity unit will only provide a baby's first formula feed.

Please ask your Midwife or Health Visitor if you require further information, or support once you have gone home

### Smoking

Airedale NHS Foundation Trust is a smoke-free organisation. You are not permitted to smoke in any of the hospital buildings or grounds, with the exception of the smoking shelters which are provided for visitors and patients only.

**If you require this leaflet in other languages or formats please telephone the Patient Advice and Liaison Service (PALS) on: 01535 294019 for advice.**

**Please raise any issue you may have about your care and treatment with a member of staff. Raising your concerns will not adversely affect the care you will receive.**

