

NEONATAL UNIT

Feeding Your Preterm or Sick Baby

This is a difficult time for Mums and Dads however we will try to make your experience on the Neonatal Unit a positive one.

You will be given an opportunity to discuss how you would like to feed your baby. However all mothers who have preterm or sick babies will be encouraged by staff to express their breastmilk.

If your baby is born prematurely your milk is even more special and it will help protect your premature baby.

When you have decided how you wish to feed your baby the staff will give you full support.

Why Breastfeeding or giving Breastmilk is Best

Breast milk is the best milk that you can give to your baby. It contains antibodies, which protect your baby from diarrhoea and vomiting, ear and chest infections, severe bowel and urine infections. Your baby is less likely to develop eczema and diabetes if you breastfeed. Research also suggests that breastfed babies have better mental development.

Breast-feeding is good for mothers too. The incidence of pre-menopausal cancer, some forms of ovarian cancer and hip fractures in later life may be reduced.

Mums often feel sad that they have been separated from their babies. However if you can express your breastmilk this is the most important best thing that you will ever do for your baby.

The staff will encourage Mums and Dads to have skin contact. Parents have stated that they have enjoyed the closeness they felt with their babies.

The neonatal staff will give you support and encouragement. All the staff are trained in techniques to help you express your breastmilk and establish breastfeeding if you wish.

You may not be able to express breastmilk straight away, this is normal please do not worry but the stimulation will encourage your body to start to produce breastmilk.

For further information please contact

Infant Feeding Co ordinator on 0151 708 9988 Ext 4293

Or speak to any of the Nursing or Nursing or Midwifery staff on the Neonatal Unit

This information is available in different formats on request

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