

Insert from the Baby Friendly Initiative: Infant feeding and Relationships

Conversations guidance for pregnancy: please ask your health visitor or community midwife to complete this

Conversations in pregnancy: Key points

Remember: explore what parents already know → accept → offer relevant information*

Encouraging parents to connect with their baby	Taking time out to connect: talking to baby, noticing and responding to movements
Skin contact	The value of skin contact What this means for mother and baby
Responding to baby's needs	How closeness, comfort and love can help baby's brain develop Responsive feeding
Feeding	Value of breastfeeding as protection, comfort and food How to get off to a good start

Confirmation that a conversation has taken place to cover relationship building, responsiveness and feeding, as per mother's needs

Signature:	Date:	Comments:
1		
2		
3		

*refer to the health professionals' guide for more information: <http://unicef.uk/conversations>