

Conversations for the health visiting team: Key points

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

All breastfeeding mother/baby dyads should have a feeding assessment using the breastfeeding assessment form during the new birth visit and an appropriate plan of care made.

This may include referral for additional/specialist support

New birth visit

All mothers are offered support and information on:

- The importance of closeness and responsiveness for mother-baby wellbeing
- How to hold their baby for feeding
- Responsive feeding
- Where to access feeding and social support within the local area
- Caring for their baby at night

Breastfeeding mothers are offered support and information on:

- Why hand expression is a useful skill and how to do it
- How to recognise effective feeding
- The value of breastfeeding

Mothers who formula feed are offered support on:

- Sterilising equipment and making up feeds
- Feeding their baby first milks
- Responsive bottle feeding
- Limiting the number of people who feed their baby

Signature:

Date:

Comments:

Continued breastfeeding

All mothers are offered support and information on:

- Appropriate introduction of solid foods

Breastfeeding mothers are offered support and information on:

- Feeding whilst out and about
- Maximising breastmilk if other milks have been introduced
- Continuing to breastfeed upon return to work

Signature:

Date:

Comments:

1

2

3

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