

Conversations in the postnatal period: Key points

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

After birth

All mothers are offered support with:

- Unhurried skin contact
- Recognising early feeding cues
- Offering the first feed in skin contact

Signature:

Date:

Comments:

Postnatal

All mothers are offered support to:

- Appreciate the importance of closeness and responsiveness for mother/baby wellbeing
- Hold their baby for feeding
- Understand responsive feeding

Breastfeeding mothers are offered support to:

- Hand express
- Value exclusive breastfeeding
- Understand how to know their baby is getting enough milk
- Access help with feeding when at home

Mothers who formula feed are offered support on:

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

Signature:

Date:

Comments:

1

2

3

Breastfeeding Assessments

Breastfeeding assessments carried out using the breastfeeding assessment form (minimum of two in the first week) and an appropriate plan of care made. This may include referral for additional/specialist support.

Signature:

Date:

Comments:

1

2

3

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