

INFANT FEEDING ANTENATAL DISCUSSION CHECKLIST

Please affix woman's ID label here
Labels should contain the following information:

- Name
- Address
- Date of Birth
- Healthcare Record Number

The following topics should be discussed by the doctor / midwifery staff with all pregnant women during A/N period

Please sign and date when information is given and discussed

1st visit:

Breastfeeding is the normal way to nourish and nurture babies. Breastfeeding:

- Has long term health benefits for the mother including reduced rates of cancer and cardiovascular disease.
- Benefits for the baby include reduced risk of chest and tummy infections, SIDS, allergies, obesity and diabetes.
- Provides all the baby needs for the first 6 months (Refer to need to supplement with Vitamin D).
- Continues to be important after 6 months when other foods are given.

Specify handouts used or notes for follow-up: _____

Skin to skin contact between mother and baby immediately after delivery, and for at least one hour promotes bonding and helps mother to relax after birth. It helps baby:

- To stabilise breathing and heartbeat, and stay warm.
- To be protected from hospital infections (colonised with mother's bacterial flora)
- To start breastfeeding

Specify handouts used or notes for follow-up: _____

Breastfeeding in the first hour after birth provides:

- A good start for baby's immune system.
- Food and comfort

Specify handouts used or notes for follow-up: _____

Feeding on demand (baby-led feeding) and frequent feeding are needed to develop a good milk supply.

Specify handouts used or notes for follow-up: _____

Information given on details of **antenatal classes**:

If there are concerns or previous poor experience, arrange for a discussion with lactation consultant, CMS, voluntary supporter or other knowledgeable person.

Referral arranged: _____

All babies should be given a vitamin D supplement every day from birth to months because:

- Vitamin D comes from sunlight through skin and from some foods, however baby's skin is very sensitive to the sun and should not be exposed to direct sunlight and baby food (breast milk, formula milk or solid foods) may not contain enough vitamin D in it.
- Babies grow very quickly between 0-12 months and have greater need for vitamin D to form strong bones.

Specify handouts used or notes for follow-up: _____

Signature	PRINTED NAME	Job/ Bleep/ Title/ Identification No.	Date	Time (24hour)
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INFANT FEEDING ANTENATAL DISCUSSION CHECKLIST (CONTINUED)

2nd visit:

Supportive labour and birth practices have a positive effect on both mother and baby. These include:

- Having a companion for support.
- Moving about and using positions that are comfortable.
- Choosing pain relief that allows baby and mother to be alert.

Specify handouts used or notes for follow-up: _____

keeping baby near (rooming-in):

- Allows mother to gain confidence with baby care and feeding.
- Is safer and minimises the risk of infection from others.

Specify handouts used or notes for follow-up: _____

good positioning, attachment and suckling help:

- The baby to get enough milk and
- Mother to be comforted when feeding.

Specify handouts used or notes for follow-up: _____

Leaflets provided on:

Birth preference

Pain Relief in Labour

Coping with Contractions

Signature

PRINTED NAME

Job/ Bleep/ Title/ Identification No.

Date

Time (24hour)

3rd visit:

Giving formula or water supplements or using teats, dummies and nipple shields in the early weeks can reduce milk supply and affect babies' health. Discuss with midwife or other healthcare professional before any supplement given.

Specify handouts used or notes for follow-up: _____

If considering formula feeding, know the type for young infants, the cost of using formula, the safety of local water supply equipment needed and the risks of incorrect use of formula.

Specify handouts used or notes for follow-up: _____

The midwives on the postnatal ward will help with learning to feed and care for baby. Help and support with Breast-feeding is readily available. Most parents have a questions and midwives expect and are happy to be asked. The public Health Nurse, other health services and support groups are in the community. It is good to meet these people during pregnancy.

Specify handouts used or notes for follow-up: _____

Birth preference discussed and placed in chart

Signature

PRINTED NAME

Job/ Bleep/ Title/ Identification No.

Date

Time (24hour)