

My first letter to you!

Before I'm born- please can you talk (and sing!) to me so I can recognise you- I can still hear you from inside!



Please can I have a skin to skin cuddle with you, as soon as possible after I'm born...it will be my birthday! Skin to skin cuddles are very important -a hat and a nappy are all I need to wear (with a blanket over me). My birthday suit is best, because hearing your heartbeat as well as smelling and touching you for the first time, triggers my feeding responses!

I will need to feed at least 8 times in 24 hours, including at night (sorry!) and will feed more effectively if I feed when I need to - so please don't follow the clock...it'll be ages before I can tell the time!

You can tell when I'm hungry as I lick my lips and suck my fingers!

Also I'll be safer if you keep me next to you!



Helps me **bond with you** & reduces the risk of **cot deaths**

You can see when I'm **ready for a feed**



If you choose to breastfeed I may also get mixed up between a teat/ dummy and the shape of your breast so please help me to breastfeed first as I need to open my mouth wide to feed well. If I have a dummy in my mouth I can't tell you when I want to feed, so your milk supply may reduce! I need at least 8 feeds in 24 hours including at night.

MORE FEEDS = MORE MILK

If you choose to feed me with formula milk, please remember that I feel safer and happier if it's mummy or close family who feed me as I know your voices and feel safe smelling and cuddling you. Please don't give me to other people to feed.

Did you know that my brain will grow more healthy nerve pathways if I feel loved, safe and secure- research says I will be a happier and more content baby. *Thank you!*

Effective feeding- How do you know your baby is feeding well?

1. The clue is in the "Poo"and"wee"
2. Weight gain (after initial weight loss)
3. Good strong *sucking* and *swallowing*

Age	Wet nappies (per day)	Dirty nappies (per day) *
1 day old	At least 1 wet nappy	At least 1 sticky dark green/black tarry nappies
2 days old	At least 1- 2 wet nappies	At least 1 sticky dark green/black tarry nappies
3 days old	At least 3 wet nappies, feeling heavier **	At least 2 or more looser greenish changing to yellow nappies
4 days old	At least 3-4 heavy wet nappies	At least 2 more yellow, soft and may becoming looser
5 days old	At least 5 heavy wet nappies	At least 2 or more loose seedy, yellow nappies
6 days old and beyond	At least 6 heavy wet nappies	At least 2 or more loose/watery seedy, yellow nappies. About the size of a £2 coin or more. Day 7 onwards, larger amount of loose seedy, yellow nappy***
<p>* 'Dirty nappy' means at least a £2 coin size stool, not just a streaky mark on the nappy</p> <p>**A heavy wet nappy feels like 4-5 tablespoons of water poured onto a dry nappy. Urine at all ages should be pale yellow.</p> <p>*** After 6 weeks, it can be normal for some babies to have less frequent dirty nappies.-yellow colour. The more milk your baby takes, the more dirty nappies you will see.If you are unsure if your baby is feeding well, you must contact your midwife or health visitor for advice.</p>		