

Oxford University Hospitals NHS Trust

Infant Feeding - Antenatal Checklist

All pregnant women should be offered the opportunity to discuss these topics before 34 weeks of pregnancy

Off to the Best Start (NHS leaflet – should be given at booking)

Signed:

Date:

Discussed: Discussion
Declined:

Signed:

Date:

Benefits of breastfeeding for baby (pgs 4&5)

Reduced risk of gastro-enteritis, urinary, chest and ear infections; obesity and diabetes.
Also offers best nutrition.

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Benefits of breastfeeding for the mother (pgs 4&5)

Reduced risk of breast cancer, ovarian cancer and hip fracture. It may also help a mother feel closer to her baby.

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Importance of early skin to skin contact after delivery (pg 6)

Keeps baby warm and calm, promotes bonding and helps with breastfeeding.

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Rooming in / Keeping baby near (pg 6)

For baby led feeding and SIDS reduction.

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Starting to breastfeed (pg 6)

Discuss: the first feed, baby led feeding, feeding cues, hand expression and initiating lactation if mother and baby are separated (pgs 15-17).

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How to breastfeed (pgs 7&8)

Discuss: the importance of good attachment for good milk intake and supply, pain free feeding and the prevention of sore nipples, engorgement and mastitis.

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No food or fluid other than breast milk for 6 months (pg 13)

Giving other fluids to the baby may increase infection rates and reduce the milk supply.

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The effect of teats, dummies and nipple shields

The use of dummies may override the baby's need to feed. Nipple shields may reduce milk intake. Bottles and teats may undermine confidence. If the babies need colostrum or expressed milk whilst in hospital it should be given by syringe or cup.

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Yes

No

Signed:

Date:

Bump to Breastfeeding DVD given (at booking)

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Bump to Breastfeeding DVD discussed (between 28 and 34 weeks).

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Infant Feeding - Antenatal Checklist Continued

Discussed: Discussion Signed: Date:
Declined:

Informed choice to artificially feed

The 'Baby Friendly Breastfeeding Policy' does not in any way affect a woman's choice to bottle feed. Maternity staff will provide information to enable women to make an informed choice and support them in it.

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Help with bottle feeds

Women who choose to bottle feed should be given the help they need. This should include postnatal instruction on:

- a) how to make up feeds with baby milk powder
b) and how to sterilise baby feeding equipment

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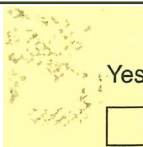
ORH NHS Trust feeding leaflets are available in eight languages on the following two topics

All women who are artificially feeding should receive: Yes No Signed: Date:
c) 'Feeding you baby on baby milk' booklet ☐ ☐
d) 'Bottle feeding' Department of Health leaflet ☐ ☐

Any other aspects of infant feeding discussed: Yes No Signed: Date:
(Please record if appropriate) ☐ ☐

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Vitamin K for babies Yes No Signed: Date:
Have the parents been given information on vitamin K? ☐ ☐

 Yes No Signed: Date:
Have the parents any anxieties or questions? ☐ ☐
If yes, is there any follow-up required? ☐ ☐

Comments:

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