



## University Maternity Hospital Limerick

### Infant feeding Learning Opportunities

The following learning opportunities are available while working with your midwife, the parent craft team/CMS Lactation

- Gain knowledge on breast feeding in relation to:
  - Recognising effective positioning, attachment and suckling and to empower mothers to develop the skills necessary for them to achieve these for themselves.
  - Instructing mothers on signs of readiness to feed in the newborn and identify times when baby needs to be aroused for feeding.
  - Developing the principles of hand expression and participate in assisting mothers to acquire the skills of hand expression.
  
- Assisting mothers to maintain skin to skin contact with their babies and outline the benefits following birth.
  
- Providing support to mothers whose baby is in the neonatal unit (or separated for medical reasons) to initiate and/or maintain lactation to feed their babies optimally and in a manner that will enhance the likelihood of a later transition to breastfeeding.
  
- Instructing mothers on safe preparation, storage and feeding guidelines of infant formula if mother has made a decision to formula feed.
  
- Participating in discussing feeding options, such as feeding expressed breast milk or combined feeding with mothers who choose not to breastfeed.

Reference: B.F.H.I. Ireland (2007) and An bord Altranais (2010)

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