If you have a premature or unwell infant in the Neonatal Unit:
- We will discuss the benefits of giving breast milk.
- We will show you how to express breast milk as soon as possible by hand and by pump.
- Staff will encourage you to have as much Kangaroo care as possible.
- If you choose to breastfeed then staff will help you to transition to feeding at the breast and to responsive feeding.

Breast pump loans are available through the Neonatal Unit or specialist breastfeeding service for those going home with feeding challenges.

If you have persistent feeding problems:
- For most of the early feeding challenges your Midwife, Health Visitor Infant Feeding Support Worker or Peer will be able to help. They will also provide information about your local peer network and voluntary groups who can support you.
- If you are having persistent feeding difficulties your Midwife, Health Visitor, Infant Feeding Support Worker or Doctor will arrange a referral to the Infant Feeding Advisor for assistance.

Short term breast pump loans are available through your Midwife, Health Visitor or Infant Feeding Support Worker for mums with feeding challenges.

For free breastfeeding advice, information and support in your area go to feedgoodfactor.org.uk or call 0300 100 0212 for the National Breastfeeding Helpline.
Preparation: before the birth of your baby you will be given:
- Information about responding to your baby, the importance of closeness, comfort and love for brain development, responsive feeding, the value of breastfeeding, feeding options and skin-to-skin contact.
- The opportunity to discuss and attend antenatal parent education. Many resources including ‘Off to a Good Start’ and ‘Ready Steady Baby’.
- Information about the local breastfeeding support available.
- Information about our antenatal and postnatal Facebook pages.

At Birth:
- You will be offered skin-to-skin for as long as you wish but it should continue until after your baby’s first feed.
- If you are unwell after the birth we will offer the skin contact as soon as possible.

Hospital Period:
- Staff will offer support to appreciate the importance of closeness and responsiveness, holding baby for feeding and responsive feeding.
- They will offer to show you how to position and attach your baby at the breast and how to hand express.
- Staff will provide information about you local peer network and voluntary groups.
- Infant Feeding Support Workers are available in Raigmore, Caithness General and Belford hospitals.

At the Health Visitor Primary Visit, she will:
- Complete a feeding assessment and an appropriate plan of care.
- Offer you support and information on the importance of closeness and responsiveness, holding baby for feeding, responsive feeding, where to access feeding and social support, caring for baby at night.
- Offer support to breastfeed, hand express, to recognise effective feeding and to understand the value of exclusive breastfeeding.
- Provide information on local peer, statutory and voluntary groups in community and local parenting groups.

Discharge:
The Community Midwife will visit and ask how feeding is going. They will weigh your baby on day 3 and make an assessment of feeding. They will help you with common feeding challenges and make referrals to a breastfeeding clinic if these issues do not resolve quickly.
You will be offered a peer supporter.

Day 5-7:
- Staff will complete a feeding assessment.
- Infant Feeding Support Workers are available in Caithness, Easter Ross, Fort William and Inverness.
- A specialist breastfeeding clinic is available if required.

Day 10:
Your Midwife will hand over to the Health Visitor when you are happy that feeding is starting to go well and your confidence is building.

Continued support:
- Weaning advice, feeding when out and about, maximising breast milk and breastfeeding on return to work as appropriate.