

Feeding information when your baby is discharged from the Neonatal Unit

Information for parents and carers

This leaflet contains feeding information for parents and carers when your baby is discharged from the Neonatal Unit. If you have any other questions or concerns, please do not hesitate to speak to the team caring for your baby.

Expressing breast milk

- Aim to express 8 to 10 times per 24 hours.
- Aim to express once at night between midnight and 5am.
- Try not leave an interval longer than 4 hours during the day and 5 to 6 hours at night.
 - You can store breast milk in a sterilised container or in special breast milk storage bags in the fridge for up to 5 days at a temperature of 4°C or lower. If the temperature is higher than 4°C, use it within 3 days. You can store breast milk for up to 6 months in a freezer if the temperature is -18°C or lower.
- If you are also breastfeeding, aim to pump after a breastfeed and whenever baby has a bottle.

Bottle feeding

- You may prefer to feed your baby expressed milk and/or formula in a bottle alongside breastfeeding. This is called mixed or combination feeding.
- Offer the bottle in response to your baby's feeding cues (turning head and opening mouth, lip smacking and bringing hands to the mouth) rather than a feeding schedule.
- Feed your baby close in a semi-upright position so you can see their face. Never leave your baby alone to feed with a propped-up bottle as they may choke.
- Gently invite your baby to take the teat by stroking their upper lip. Always give your baby plenty of time to feed. Hold the bottle horizontally to prevent milk from flowing too fast.
- Watch your baby and follow their cues for when they need a break.
- Do not force them to take more milk than they want during a feed. This can be stressful and lead them to take more than they need.
- How much formula is enough? Your baby's weight gain and the number of wet and dirty nappies will help tell you if your baby is getting enough formula.
- Visit the UNICEF Baby Friendly website for guidance on infant formula and responsive bottle feeding: unicef.uk/bfguide

Post discharge formula

- Post discharge formula (PDF) is a specialist formula that is higher in calories, protein, vitamins and minerals than standard formula to meet the nutritional needs of a preterm baby.

- PDF is designed for babies born prematurely before 34 weeks and with a birth weight of under 1.8kg. If PDF is needed, your baby can start it when they reach a weight of 1.8 to 2kg. This is usually started during their stay in hospital or after discharge to supplement breastfeeding.
- Your baby should be given PDF until they are six months of age corrected. Corrected gestational age is a premature baby's age calculated based on their original due date rather than their birth date.
- PDF can be stopped sooner if your baby's weight centile is increasing above the length centile. Your baby can then move to a standard term formula.
- There are two PDFs available in the UK. They have no clinical difference and are very similar in terms of calorie, protein and micronutrient profile. It is your decision which of the two formulas you would prefer to give to your baby.
- Your GP will prescribe PDF.

Vitamins and minerals

- Your baby may need vitamins (ABIDEC or Dalivit or Healthy Start) and iron (Sytron) until they are 1 year of age corrected if:
 - they were born before 34 weeks or their birth weight is under 1.8kg and they are being breastfed or on a term formula
 - they switch from PDF to term formula
- Please ask your consultant or dietician if you would like further advice on when your baby should take vitamins and iron.

Weaning

- Weaning is the process of introducing your baby to more solid foods.
- Start weaning when your baby is showing cues, usually around six months corrected age.
- Cues that your baby is ready to start weaning include if they:
 - sit up by themselves, needing only a little support
 - hold their head up easily and keep it upright when sitting
 - explore objects with their fingers, hands, and mouth
 - bite and chew on toys
 - reach and grasp food and/or open their mouth when food is offered
- Avoid starting before five months corrected age unless advised by a health professional to start sooner.
- Try to introduce mashed or textured foods to your baby by around seven months corrected age.
- Visit the BLISS website for guidance: www.bliss.org.uk

Useful contacts and websites

Association of Breastfeeding Mothers	Tel: 0300 330 5453 (9:30am to 10:30pm) www.abm.me.uk
National Breastfeeding Network	Tel: 0300 100 0212 (24 hours a day); www.breastfeedingnetwork.org.uk
La Leche League	Tel: 0845 120 2918; www.laleche.org.uk
The Lactation Consultants of Great Britain	https://lcgb.org/
NCT	Tel: 0300 330 0700; www.nct.org.uk
BLISS	www.bliss.org.uk/
The Baby Friendly Initiative	www.unicef.org.uk/babyfriendly
First Steps Nutrition	www.firststepsnutrition.org
For videos on positioning and attachment	www.globalhealthmedia.org/video/breastfeeding-attachment/

Breastfeeding support groups and services

Southwark residents	
1st Place Children and Parents' Centre, SE5 0RN	Monday, 12:30pm to 2:30pm
Crawford Children and Family Centre, SE5 9NF	Tuesday, 10am to midday
Rotherhithe Children and Family Centre, SE16 9NF	Thursday, 10am to midday
Rye Oak Children and Family Centre, Peckham, SE15 3PD	Friday, 10am to midday
Southwark Health Visiting Team Tel: 020 3049 8166 Email: gst-tr.spahealthvisitingervicesouthwark@nhs.net	Monday to Friday, 9am to 5pm
Lambeth residents	
Gracefield Gardens Health Centre, Streatham, SW16 2ST	Monday, 10am to midday
St Stephen's Children's Centre, Lambeth, SW8 1XZ	Tuesday, 10am to midday
Liz Atkinson Children's Centre, Brixton, SW9 6PH	Wednesday, 12:30pm to 2:30pm
Benton's Lane Children's Centre, West Norwood, SE27 9UD	Thursday, 10am to midday
Jubilee Children's Centre, Tulse Hill, SW2 2JE	Friday, 10am to midday
Clapham Manor at Triangle, SW4 7JQ	Friday, 12:30pm to 2:30pm
1-1 with peer supporter Email: lamccg.lambethinfantfeedingservice@nhs.net	Thursday, 10am to midday (appointment only)
Lambeth Health Visiting Team Tel: 020 3049 5300 Email: gst-tr.spahealthvisiting servicelambeth@nhs.net	Monday to Friday, 9am to 5pm
Bromley residents	
Infant Feeding Team Tel: 07866 927594	Monday to Sunday, 7am to 7pm
Blenheim Children and Family Centre, BR6 9BH	Monday, 9:30am to 11:30am
Burnt Ash Children and Family Centre, BR1 4QA Tel: 0300 330 5777 or Email bromh.bromley0-19@nhs.net	Tuesday, 1:30pm to 3:30pm (appointment only)
Community Vision Children and Family Centre, SE20 8UX	Wednesday, 09:30am to 11:30am
Castlecombe Children and Family Centre, TN16 3TN Tel: 0300 330 5777 or Email bromh.bromley0-19@nhs.net	Thursday, 9:30am to 11:30am (appointment only)
Bromley 0-19 Children's Public Health Service website	https://www.bromley0to19.co.uk/
Bexley residents	
Danson Children's Centre, DA7 4EZ – Tel: 020 8303 6052	Monday, midday to 2pm (term time only) Wednesday, 1:30pm to 3:15pm (school holidays only)
Sidcup Baby Café, North Cray Neighbourhood Centre, DA14 5JR – term time only Tel: 020 8308 3881 or 07738 117009	Wednesday, 1:30pm to 3:15pm
Erith Baby Group, West Street Children's Centre, DA8 1LW Tel: 020 3045 5480	Thursday, 10am to 11:30am
Antenatal education appointments in Bexley Tel: 0300 330 5777 or Email: bromh.bexley0to19@nhs.net	Ad-hoc 1-1 or group virtual appointments
Bexley 0-19 Children's Public Health Service website	https://bexley0to19.co.uk/

MyChart

Our MyChart app and website lets you securely access parts of your health record with us, giving you more control over your care. To sign up or for help, call us on 020 3299 4618 or email kings.mychart@nhs.net. Visit www.kch.nhs.uk/mychart to find out more.

Sharing your information

King's College Hospital NHS Foundation Trust has partnered with Guy's and St Thomas' NHS Foundation Trust through the King's Health Partners Academic Health Sciences Centre. We are working together to give our patients the best possible care, so you might find we invite you for appointments at Guy's or St Thomas' hospitals. King's College Hospital and Guy's and St Thomas' NHS Foundation Trusts share an electronic patient record system, which means information about your health record can be accessed safely and securely by health and care staff at both Trusts. For more information visit www.kch.nhs.uk.

Care provided by students

We provide clinical training where our students get practical experience by treating patients. Please tell your doctor or nurse if you do not want students to be involved in your care. Your treatment will not be affected by your decision.

PALS

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. They can also pass on praise or thanks to our teams.

Tel: 020 3299 4618

Email: kings.pals@nhs.net

If you would like the information in this leaflet in a different language or format, please contact our Interpreting and Accessible Communication Support on 020 3299 4618 or email kings.access@nhs.net