

Baby's First Feed

The series of behaviours which result in the baby finding the breast and starting the first breastfeed on their own usually take about an hour. Watch and enjoy your baby's wonderful abilities!

1. First the baby rests. He is cuddled next to his mother which keeps him warm, and stabilises his breathing and heartbeat.

2. Then he looks at his mother intermittently. He can hear, feel and smell his mother which reassures and calms him in this strange new environment.

3. The baby inches forward with his legs and can move his head on his mother's chest. He will often bounce his head on his mother's chest or turn his head from side to side.

4. The baby begins to move his mouth close to his mother's nipple. The baby's clever sense of smell helps him to find the nipple. Try not to wash the upper body to help him find the breast more easily.

5. The baby will make several attempts to latch. Remember this is all new, and he is just learning and discovering what to do!

6. After about an hour, the baby attaches himself to the breast perfectly and begins to breastfeed.

Did you know?

Should you choose not to breast feed, you can still carry on cuddling your baby in skin to skin contact whilst you give your baby their first bottle feed.