

### Thinking about feeding your baby

During pregnancy you will have a chance to discuss caring for and feeding your baby, including information about the value of breastfeeding for you and your baby's health, and how to get breastfeeding off to a good start. It's never too early to start thinking about how you're going to feed your baby, but you don't have to make up your mind until your baby is born.

Talking to your midwife about your thoughts and feelings about feeding your baby can be really helpful. You will be supported whatever way you decide to feed your baby, either breast or bottle.

To help breastfeeding go well, ask your midwife about **antenatal breastfeeding classes** at your hospital or in your local area. This can help you and your partner/supporter to feel more confident and prepared, and help you to avoid some common breastfeeding problems early on. If you have particular questions or concerns about breastfeeding, ask your midwife for an appointment with a breastfeeding specialist during pregnancy.

All women are offered the opportunity to hold their baby in skin-to-skin contact straight after birth, for as long as they want. Discuss the benefits of skin-to-skin contact for both you and your baby with your midwife, and how you feel about it.

