

A midwife will offer to help you to start breastfeeding, or show you how to bottle feed safely as soon as your baby shows signs that they are ready to feed, usually within the first hour after birth. Your baby won't be separated from you unless he or she requires special care.

After your baby is born you will be offered support from your maternity team to ensure breastfeeding gets off to a positive start. There will also be support available when you are at home.

For more information on breastfeeding visit:

- **Global Health Media (breastfeeding videos in different languages)**
<https://globalhealthmedia.org/videos/breastfeeding/>
- **Off to the best start leaflet**
www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2010/11/otbs_leaflet.pdf
- **Start4Life**
<https://dct-start4life.service.nhs.uk/start4life/baby/breastfeeding>
- **Human milk – the value of human breast milk**
<http://human-milk.co.uk/>

For more information on bottle feeding visit:

- **UNICEF (guide to bottle feeding)**
www.unicef.org.uk/babyfriendly/baby-friendly-resources/leaflets-andposters/guide-to-bottle-feeding/
www.unicef.org.uk/babyfriendly/baby-friendly-resources/leaflets-andposters/simple-formula-guide-for-parents/