



# Breastfeeding

# 01

## Breastfeeding: 10 rules of thumb

At our maternity, we support a breastfeeding policy based on the World Health Organisation (WHO) statement and apply the 10 rules of thumb for successful breastfeeding based on this policy. To expertly support the policy, midwives with international certification as recognised lactation consultants work at the maternity ward. All breastfeeding activities are framed within these 10 rules of thumb.

- We have a written policy on breastfeeding and we communicate it to all staff involved.
- We teach all staff involved the skills necessary to implement the policy.
- We inform all pregnant women about the benefits and practises of breastfeeding.
- We help mothers breastfeed within an hour of their baby's birth.

- We explain to mothers how to latch their baby on and maintain milk production even if mother and baby have to be separated.
- Newborns are not given any food other than breast milk and no extra fluids unless on medical grounds.
- Mother and baby may stay in each other's room day and night (rooming-in).
- We pursue breastfeeding on demand.
- No newborn, who is breastfed, is given a dummy.
- Women at the end of their maternity stay are aware of the organisations that can provide help with breastfeeding problems.

## 02

### **Breastfeeding consultations**

During the breastfeeding consultation, the lactation consultant will work with you to find a solution to your question and/or problem.

Please make an appointment in advance on 011 69 98 41.

This consultation takes place in the doctor's office at the maternity ward. The consultation - after payment of the invoice - will be fully reimbursed by your insurance company.

At our maternity ward, you can participate in a breastfeeding **information session** given by the lactation expert. This info session lasts  $\pm$  1 hour with the possibility to ask questions.

The following items are covered:

- How does breastfeeding work?
- What are the pros and cons?
- Importance of first-time feeding, frequency and duration of feeding.
- Different breastfeeding positions.
- Most common problems and their solution.
- Working methods in the department.
- Useful tips around visiting arrangements, night feeds, once back home...

The info sessions (in groups of up to 5 couples) take place every first Monday of the month. It is best to attend this after 30 weeks of pregnancy. You can register via your gynaecologist's secretary:  
011 69 94 85.

An information session per 1 or 2 couple(s) is fixed in advance by telephone with one of the lactation consultants via the maternity ward:  
011 69 98 41

The consultation - after payment of the invoice - will be fully reimbursed by your insurance company.

**Prenatal**

- Information and advice on breastfeeding
- Problems with breastfeeding
- Breastfeeding after breast surgery
- Multiple pregnancy
- Maternal illness, medication use

**Postnatal**

- Latching problems
- Breast refusal, restlessness at the breast
- Pain complaints
- Repeated breast infections
- Insufficient/excessive milk production
- Insufficient growth of the baby
- Pumping and storing breast milk
- Medication use
- Premature birth
- Baby's illness or disability
- Relactation (restart breastfeeding)
- Combining breastfeeding and work/study
- Phasing out breastfeeding, transition to solid food



*Want to know more? Then scan the above QR code.*



## Questions?

In the first instance, contact your GP. If the GP refers you or cannot be reached, you can contact:

department H1 (maternity ward)  
tel: 011 69 98 41

<https://www.sint-trudo.be/en/departments/maternity>



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