



# BREASTFEEDING WHEN MUM IS IN HOSPITAL



## RISK OF MASTITIS

Any breastfeeding mother is at risk of mastitis if she suddenly stops breastfeeding. The risk is highest if the infant is exclusively breastfed

The mother should be supported to continue breastfeeding if possible, and if not to express milk to keep her breasts comfortable

Look out for signs of mastitis (red/hot/swollen breast, systemically unwell with fever)

It may be difficult for a baby to be suddenly fed by a different route while Mum is unwell

As far as possible a breastfed baby should have unlimited access to the mother, accompanied by another caregiver.

If the mother is expressing milk, hospital staff should facilitate efficient transport of the milk to the infant and access to a fridge/freezer for short term storage



## BABY NEEDS MILK



## EXPRESSING

Milk can be expressed by hand, manual pump or electric pump.

Many hospitals have a maternity infant feeding team who can advise on expressing. Pumps are often available from maternity, children's wards or emergency departments

For helpful resources see the Unicef Baby Friendly Initiative, Association of Breastfeeding Mothers or La Leche League UK websites