



A BREASTFEEDING GUIDE FOR PARENTS

CHO Dublin North
City and County





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Click on the topic below
to view the content.



Pregnancy

Information on what to expect and where to get information and support in advance.

mychild.ie

Expert advice for every step of
pregnancy, baby and toddler health

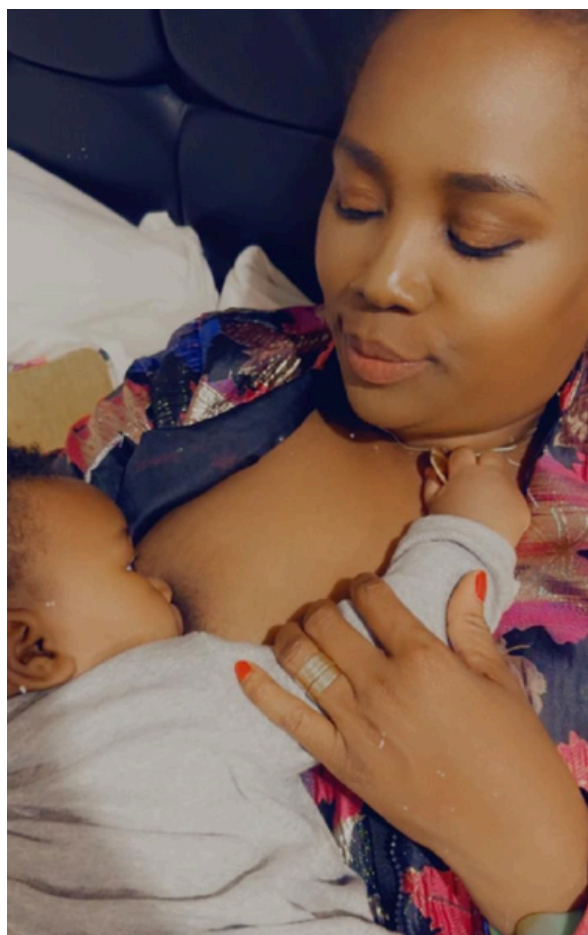
Preparing to breastfeed when
pregnant



My Pregnancy Book

Pages 95-100

Antenatal breastfeeding workshops are frequently ran in the maternity hospitals and pregnant women are always welcome to attend breastfeeding groups in the community. Find your local breastfeeding support group [here](#).

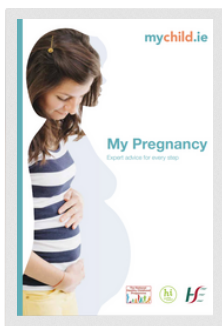


Starting Breastfeeding

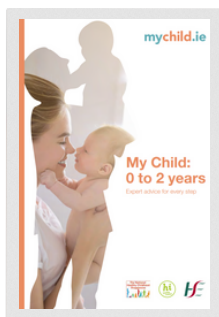
Information on various topics including weight gain in breastfed babies, positioning, attachment and combination feeding.



Information on starting breastfeeding and getting off to a good start

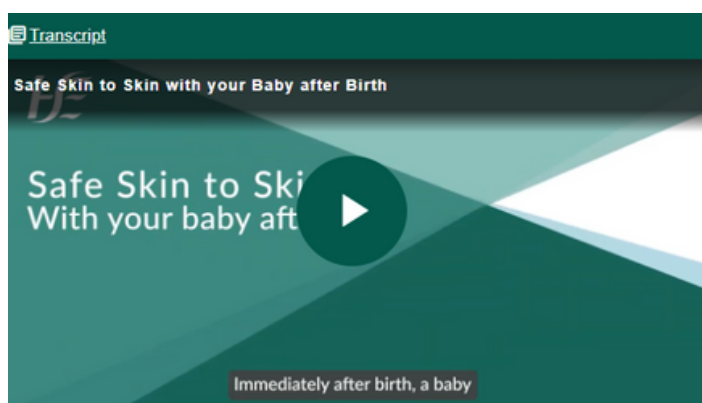


My Pregnancy Book
Page 138-142



MyChild 0-2 Years Book
Page 32-35

Skin to Skin Contact



Watch a video and read about the importance of safe skin to skin contact and how it can help with breastfeeding.

Common Breastfeeding Challenges

Read advice on various topics including sore nipples, engorgement, leaking, concern about supply, mastitis and blocked ducts.

mychild.ie

Expert advice for every step of
pregnancy, baby and toddler health

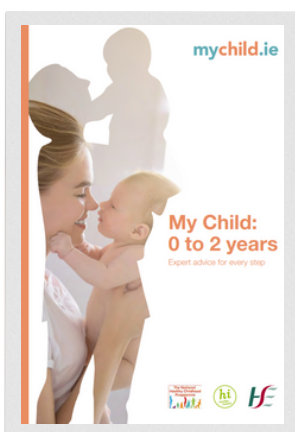
Common breastfeeding queries and challenges

HSE Mastitis Factsheet

Updated HSE mastitis while breastfeeding factsheet



My Pregnancy Book Page 146-149



MyChild 0-2 Years Book Page 38-41

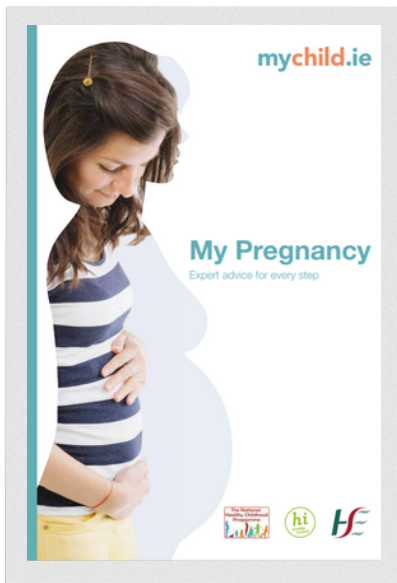


Tips & Techniques

mychild.ie

Expert advice for every step of
pregnancy, baby and toddler health

Read about block feeding and other
breastfeeding tips



My Pregnancy Book Page 139-140



Lactation Consultants

Ask our
Breastfeeding
Expert

mychild.ie

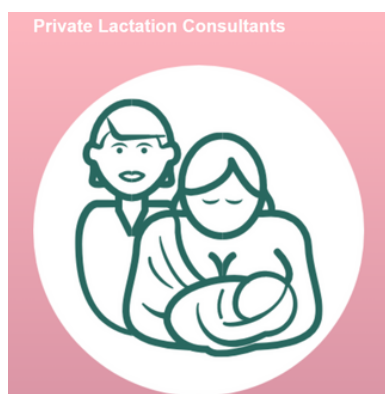
Live chat with a
lactation consultant

Online breastfeeding support live chat allows real-time communication with a breastfeeding expert. Available Monday to Friday 10am to 3pm. If live chat is not available, ask a question via email and get a response within 24 hours.



HSE Community Infant feeding/Lactation Consultants

Enquire what is available in your area via
local Public Health Nurse

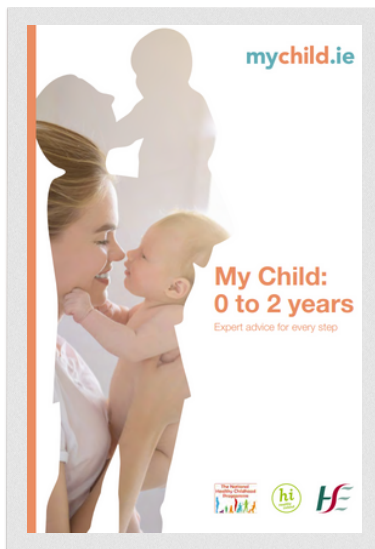


Lactation Consultant (IBCLC) in Private Practice

Search function on ALCI website to find a
lactation consultant



Lactation Consultants



My Child 0-2 Years Book Page 42



My Pregnancy Book Page 149



Breastfeeding Support Groups



Breastfeeding support group search function

Find information on local breastfeeding support groups and volunteers in every county including HSE, La Leche League, Friends of Breastfeeding and Cuidiú. Volunteer organisations often offer 1:1 telephone support as well as in-person group support.



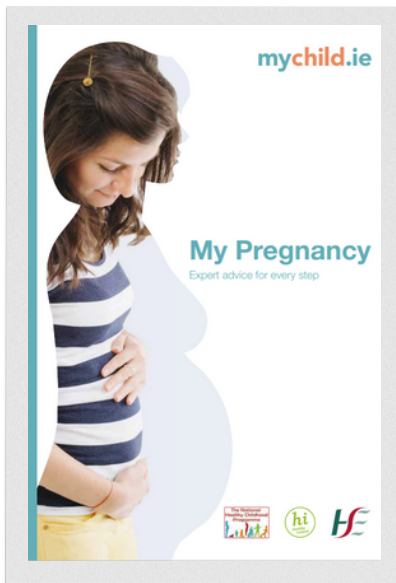
La Leche League of Ireland
Breastfeeding Help & Information



Expressing and Pumping



Information on how to pump and express breastmilk



My Pregnancy Book Page 150-154



MyChild 0-2 Years Book Page 43-48



Stopping or Extending Feeding

mychild.ie

Expert advice for every step of
pregnancy, baby and toddler health

Read about the benefits of extended breastfeeding and how to gradually stop breastfeeding.



My Child 0-2 Years Book Page 48

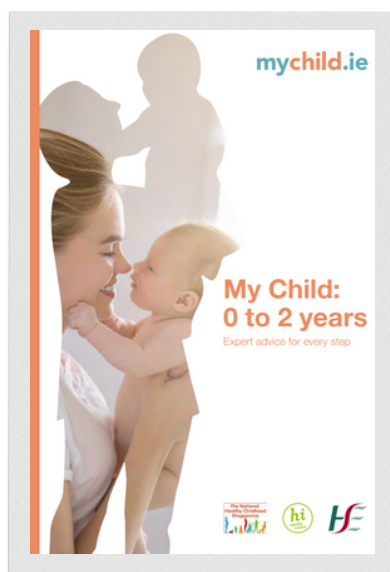


Fertility and Breastfeeding

mychild.ie

Expert advice for every step of
pregnancy, baby and toddler health

Advice on how breastfeeding affects fertility
and tips on breastfeeding more than one
child



My Child 0-2 Years Book Page 19- 21



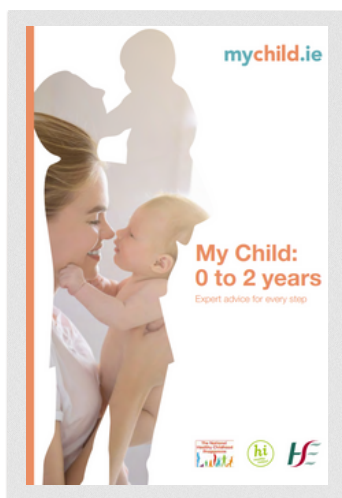
mychild.ie

Expert advice for every step of
pregnancy, baby and toddler health

Advice on breastfeeding and diet,
drinking and day to day life.



My Pregnancy Book Page 144-145, 150



My Child 0-2 Years Book Page 36-37

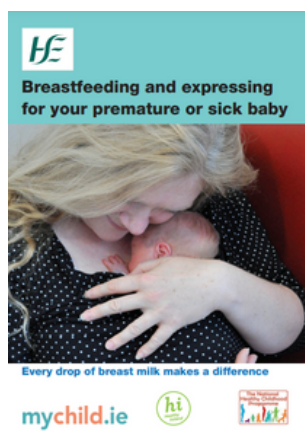
Booklets & Guides

Breastfeeding: A good start in life



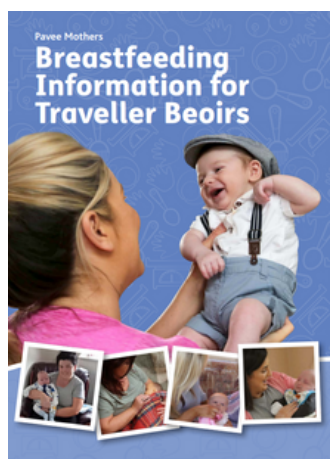
A HSE booklet developed in partnership with La Leche League, the Association of Lactation Consultants in Ireland, Cuidiu, Friends of Breastfeeding, BFHI and the Maternity hospitals.

Breastfeeding & Expressing for your premature or sick baby



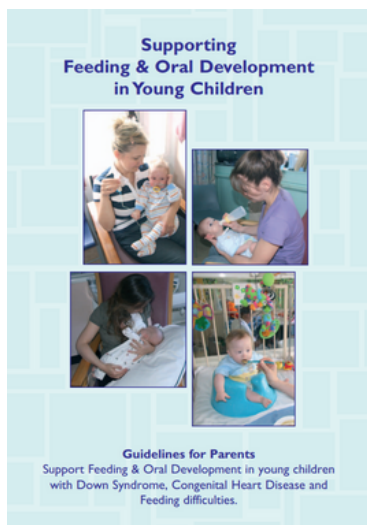
A HSE booklet developed in partnership with the Association of Lactation Consultants in Ireland, Irish Premature Babies, the Maternity Hospitals and Our Lady's Children's Hospital, Crumlin.

Breastfeeding Information for Traveller Beoirs



A booklet developed by Traveller women for Traveller women.

Booklets & Guides



Guidance for Parents on Supporting Feeding & Oral Development in young children with Down Syndrome, Congenital Heart Disease and feeding difficulties.



Foreign Language Support

Information and resources for breastfeeding in multiple languages and voluntary agency leaders who can offer support in various languages.



Breastfeeding information available in different languages



La Leche League of Ireland
Breastfeeding Help & Information

La Leche League Leaders who offer support in various languages.



Infosheets on breastfeeding in multiple languages to support parents with the basics of feeding and responding to their baby.



Medication

The following online information resources are available for women and parents on the use of medicines in breastfeeding.

NHS Medicines A-Z:

The NHS Medicines website has breastfeeding information for many medicines. Pick the drug of interest and scroll to the “Pregnancy, breastfeeding and fertility” section. [Click here to view website.](#)

Breastfeeding Network Factsheets:

BFN have several breastfeeding factsheets on commonly used medicines, medicine classes and medical conditions in breastfeeding. [Click here to view website.](#)

Your doctor, midwife, nurse or pharmacist is also an accessible source of information on the use of medicines in breastfeeding. If they are unsure they will be able to help you find this information.



Medication

Several resources are available for health professionals. These are accessible to women and parents, but the information is often written using scientific language and terms which might be difficult to understand. Speak with your doctor, midwife, nurse or pharmacist who can help you interpret this information.

Drugs and Lactation Database (LactMed®):

The LactMed database is a US resource which contains information on drugs and other chemicals to which breastfeeding mothers may be exposed. [Click here to view website.](#)

E-Lactancia:

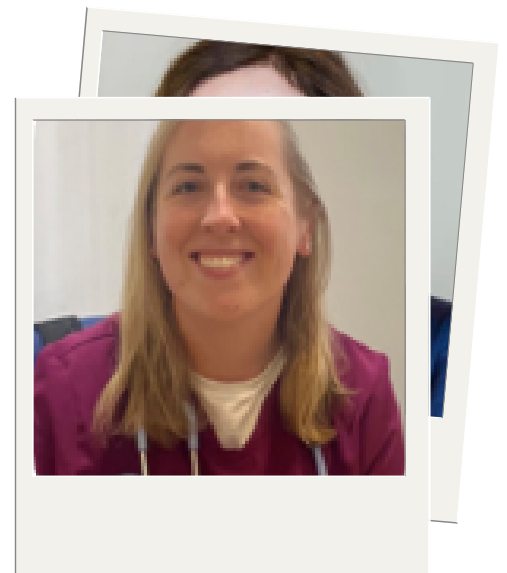
A Spanish website with an English translation which has a search function to check the compatibility of breastfeeding. [Click here to view website.](#)

If these information sources are not sufficient, your doctor, midwife/nurse or pharmacist can contact the following services on your behalf:

Irish Medicines in Pregnancy Service (IMPS)

Rotunda Hospital:

Healthcare professionals can email the Irish Medicines in Pregnancy Service at MedicinesInPregnancy@Rotunda.ie with patient-specific queries about the use of medicines in breastfeeding when other sources are not sufficient.



The National Medicines Information Centre (NMIC):

The National Medicines Information Centre (NMIC), based in St James Hospital also offer a clinical enquiry answering service for prescribers. Contact nmic@stjames.ie.

Breastfeeding: A game of snakes and ladders

An interactive educational breastfeeding resource

Breastfeeding Snakes and ladders

Understanding Your Journey
 Snakes and ladders were originally called Mesopotamia. Having a game of knowledge, just like our first, sharing breastfeeding knowledge, it is a game where no two journeys are the same. Some take 10 steps back while others feel like they may have taken three steps forward and 2 steps back. Rise your breastfeeding journey, use the face of the dice of the die, you decide what you are given. But with support, patience and information from myChild.ie you will reach your goal. Read it back on your journey, feeding your baby.

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A good start HSE Publications

Click on the text for more info!

No two journeys are the same.

mychild.ie



This resource was developed by a subgroup of the Dulin North
City and County Infant Feeding Committee

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