



Meet the *Experts*

OUR PROFESSIONALS GIVE
ADVICE ON PARENTHOOD

DEEARNA WITHEY

*Breastfeeding consultant and
maternity nurse*



Sleeping at feeding time

Mums can find that baby stays awake long enough to start a feed, but within 10 minutes they will begin to fall asleep.

IN ORDER TO PREVENT THIS, TRY THE FOLLOWING TIPS:

- * Change baby's nappy and ensure baby wakes up during the change.
- * Gently blow on baby's face during feed.
- * Have some water and cotton wool close by and rub this along baby's cheekbone.
- * Ensure your baby hasn't got too many layers on – just a nappy with a thin muslin over the top is ideal and then dress for bed after the feed.
- * Softly run your finger down baby's spine.

- * Press your thumb in the centre of baby's palm and rotate, this is the pressure point for their natural sucking reflex.

TRY TO AVOID:

Massaging or running your fingers along baby's head as any form of head massage will activate oxytocin release and melatonin which is the sleep hormone.

07771 660121

deearnas-maternity-agency.co.uk