

# Supporting & Assessing Breastfeeding in Early Days post Hospital Discharge

The current recommendation for infants discharged from hospital within 72 hours of birth is for the infant to have a GP check within 5 to 10 days.



Queensland Government  
Queensland Health

## Review the Personal Health Record book

(remind parents with young infants to bring this to each appointment)

- Review discharge date, weight, examination and feeding as a baseline for assessment.

## Questions and prompts for assessment

### Mother

- Does the mother any breastfeeding concerns?
- Is she eating well and drinking to thirst?
- How is her general health since the birth?
- Is she confident in attaching the baby to the breast and knowing he/she is feeding well?
- Has she contacted any services for support and advice with breastfeeding?

### Baby

#### Growth

- Is the infant gaining weight? (Weigh without clothing if possible).
- Infants lose weight (up to 10%) shortly after birth and start to regain weight by day 4-6.
- Has the birth weight been regained by two weeks?
- In the first 0-3 months infants usually gain around or more than 150 grams per week.
- Review growth on the growth chart.

#### Feeding patterns

- Is the baby breastfeeding well on demand (babies require 8-12 feeds in 24 hours, not necessarily evenly spaced).

- Does the baby go to the breast and feed effectively for at least 10-15 minutes without falling asleep or slipping off the breast? (Length of feeds can be variable - most feeds will include 20-40 minutes of active feeding).
- Is the baby attached to the breast well? (If sore nipples refer for assessment). Tender nipples can be normal in first few days but pain is not. Sore nipples after a period of comfortable feeding or nipples that remain sore need assessment.

- Do breasts feel fuller before a feed and softer after?
- Is swallowing heard through most of the feed?

#### Behaviour

- Is baby awake and alert for feeds?
- Has good skin colour and muscle tone? (Take note if jaundice continues to progress).

#### Urine output

- Are there plenty of wet nappies? Very heavy disposable nappies at least 5 each day (cloth nappies soaked with pale or colourless urine 6 or more times a day).
- Is the infant hydrated?

#### Bowel motions

- Are bowel motions changing to reflect intake of breastmilk? Breastfed infants usually have a motion each feed which is loose, mustard yellow (as they get older motions may become less frequent).

Transition stools usually begin around day 3-4 and normal breastfed stools - yellow, curdy and fairly liquid - from day 5.

## Ongoing Support Checklist

- Has the family attended the Early Feeding Support Clinic?

No appointment needed first 14 days post discharge, see over for locations.

- Has the family made an appointment for the first child health visit?

Parents phone 1300 366 039. If concerns ring as soon as possible to discuss services available.

- Is the mother checking the progress of her baby regularly?

Self-weigh facilities available at six child health clinics and centres, see over for locations and opening times.

- Does the family have the phone number for breastfeeding support services?

Australian Breastfeeding Association – see back of Child Information Booklet in Personal Health Record book or see over.

Phone 1800 686 2 686 or 07 3844 8166.

# Support services for early days following hospital discharge

The **Community Child Health Service** (Queensland Children's Health Services District) provides services for new parents in the Brisbane North area.

## Early Feeding Support Clinic

- Free access, no appointment required for 14 days after hospital discharge.
- Nurse in attendance to discuss and observe feeding.
- Monday to Friday 9 am – 12 pm (ex. public holidays).

**Kallangur** - Child Health Clinic, 126 School Road, Kallangur  
**Alderley** - Child Health Clinic, 4 / 24 South Pine Road, Alderley

## Child Health Centres

- 14 child health centres/clinics in north Brisbane area.
- Staff available for individual consultations by appointment.
- GP can phone the clinical intake nurse direct if urgent.

**Phone 1300 366 039 - choose option 2**

East (Nundah area) - Mob 0411 654 136

North (Pine Rivers area to Kallangur) - Mob 0411 896 331

West (Keperra area) - Mob 0411 896 322

Note, mobile phone contact is for GPs use only.

## Child Health Central Intake Service

- Central phone booking service for parents. One call to receive information about services.
- GPs welcome to call.

**Phone 1300 366 039 - choose option 2**

## Ellen Barron Family Centre

- For parents with children birth to two years experiencing issues of a more complex nature.
- Admission to residential facility at Chermide can be arranged.
- Referral form required - see [www.gppartners.com.au](http://www.gppartners.com.au) or phone.

**Phone 1300 366 039**

## Infant Feeding Support Program

- For more complex feeding issues that require assessment over the course of a day.
- Infants under six months.
- Initial appointment at local child health centre is arranged to streamline access to the program.

**Phone 1300 366 039**

## Indigenous Health Service Child & Family Program

- Early intervention support service for northside Aboriginal and Torres Strait Islander families, from conception to 2 years old.
- Antenatal GP 'share care', Child Health Nurse, Advanced Health Worker and Early Intervention Social Worker support (includes parenting and breast feeding support).

**Chermide** - 490 Hamilton Road, Chermide.  
Phone 07 3139 4818 / 07 3139 4633

## Self-weigh facilities

Self-weigh facilities are available at the following centres. Staff are not in attendance for this service.

### Nundah

Nundah Community Health Centre, 10 Nellie Street, Nundah  
Mon-Fri, 8:30 am – 5 pm

### Kallangur

126 School Road, Kallangur. Mon-Fri, 9 am – 12 pm

### Strathpine

Pine Rivers Community Health Centre,  
568 Gympie Road, Strathpine. Mon-Fri, 8 am – 5 pm

### Alderley

Child Health Clinic, 4 / 24 South Pine Road, Alderley  
Mon-Fri, 8:30 am – 12 pm

### Keperra

North West Community Health Centre,  
49 Corrigan Street, Keperra. Mon-Fri, 8:30 am – 5 pm

### Paddington

202 Given Terrace, Paddington  
Tues & Thurs, 8:30 am – 1 pm; 1:30 pm – 5 pm

## Other services and info

- Child Health Information Booklet (in the baby's Personal Health Record)
- 13HEALTH: 13 43 25 84
- Community Child Health Service website - [www.health.qld.gov.au/cchs](http://www.health.qld.gov.au/cchs) or [www.health.qld.gov.au/childandyoung/factsheets](http://www.health.qld.gov.au/childandyoung/factsheets)
- Australian Breastfeeding Association - 07 3844 8166 or 1800 686 2 686
- RBWH Lactation Services - for infants born at RBWH, ongoing support. Phone 07 3636 2250
- Lactation consultants - check the Yellow Pages under Breastfeeding Support Services
- The Wesley Hospital - Wesley Lactation Clinic (open for patients delivered at the hospital). Tuesday and Thursday, limited hours, costs apply. Phone 07 3232 7432
- Mater Mothers Hospital - Breastfeeding Support Centre, costs apply. Phone 07 3163 8200
- North West Private Hospital - Well Baby Clinic, for infants 0-12 months if born at NWPH, costs apply. Phone 07 3353 7431