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Infant feeding
For breastfeeding, bottle feeding
and tongue tie concerns



Patient information

Infant feeding

**For breastfeeding, bottle feeding and
tongue tie concerns**



Excellent patient care, together

How should I feed my baby?

The choice is yours. You do not need to choose exclusively between breastfeeding and formula feeding; many parents use a combination of both. This is often referred to as mixed feeding or combination feeding.

Healthcare professionals recommend breastfeeding as the healthiest option for babies. The World Health Organisation recommends breastfeeding exclusively (breast milk only) for the first 6 months of life. After this, breastfeeding can continue alongside solid foods for up to two years or longer, for as long as you and your baby wish.

How often should I feed my baby?

It's recommended to feed your newborn on demand, following their cues. These can be things such as restlessness, rooting (a reflex of turning their head and opening their mouth in search of food) or sucking on their fists. These cues will guide how often they need to be fed. Most babies will naturally settle into a baby feeding schedule of around 8 to 12 feeds every 24 hours. Some, though, may want to feed more frequently, especially during growth spurts.

How do I know if my baby is taking enough milk?

Whether you're breastfeeding or formula feeding, the best way to know if your baby is getting enough nourishment is by tracking wet and dirty nappies. By the end of the first week, babies who are feeding well typically have at least six wet nappies a day. Healthy weight gain is another positive sign that your little one is receiving the right amount of nutrition.

Scan the QR code below to view our 'Padlet' for information on breastfeeding, bottle feeding and tongue tie concerns.



<https://bit.ly/WHHT-MATBF>

For further information:

Babies under 28 days- Postnatal ward (who can access community midwifery teams)
(09:00 -17:00) – 01923 217389

Maternity advice line (07:00-21:00) - 077899 35620

Infant Feeding Team: 01923 436007

Breastfeeding drop-in: Thursdays 1-3pm, Hemel Hempstead Hospital, Antenatal Clinic

Babies over 28 days- Contact your Duty Health Visitor_0300 123 7572 (option 1)

Chat health texting service - carers of 0–5-year-olds

Text on **07480 635164**. The service is available Mon-Fri 9-5pm

How to contact us

Children's Emergency Department

[Watford General Hospital](#)

Vicarage Road

Watford

Hertfordshire WD18 0HB

Tel: 01923 217564 (ext: 7564)

Hospital switchboard: 01923 244366

PALS

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Language



Large Print



Braille



Audio

Concerns, complaints or suggestions

If you are unhappy with your experience or would like to give feedback, please contact our Patient Advice and Liaison Service (PALS). PALS is available to patients, relatives, carers and friends to raise concerns.

For more information, please scan the QR code or visit our [website](#).

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