

## Promoting Breastfeeding within Liverpool Women's Information Leaflet

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Breast milk gives babies all the nutrients they need for the first six months of life, helping to protect them from infection and diseases, and reduce the rate of asthma and obesity.

For mothers, it reduces the chances of getting certain diseases, such as ovarian and breast cancer, and also protects against developing weaker bones in later life.

How you feed your baby is a very personal decision and midwives will support women and families in their choices. If the decision is not to breastfeed, a supply of milk will need to be brought in to the hospital. This should be the ready prepared variety **in cartons** and **not the powdered formula** which needs preparation. Bottles and teats will still be provided.

**Therefore we do not supply formula milk for mothers who choose to artificially feed their babies.**

We will also provide information and a demonstration on how to prepare formula feeds and sterilise bottles, if this is the chosen method of feeding.

If there are any questions or concerns, then women should not hesitate to contact their midwife for advice or the ward manger on the maternity ward on: **0151 708 9988** extension **1331**.

This leaflet can be made available in difference formats on request. If you would like to make any suggestions or comments about the content of this leaflet, then please contact the Patient Experience Team on 0151 702 4353 or by email at [pals@lwh.nhs.uk](mailto:pals@lwh.nhs.uk)