



Child and Family Service Directorate
Maternity Services
Health Care Resource Centre
Oaks Place
Caldwell Road
Widnes
WA8 7GD
Tel: 0151 495 5079
Web: www.bridgewater.nhs.uk

Dear Ladies

Bridgewater Midwifery Services have full Accreditation at Level 3 Breast Feeding with UNICEF.

During your care you can expect that the midwife will discuss the following topics with you regarding your pregnancy choices:-

1. How to build a positive relationship with your baby whilst pregnant and feeding choices
2. Talking to your bump
3. Stroking your bump
4. Noting baby's movements
5. Health benefits of breast feeding for you and your baby
6. How to get started with breast feeding
7. Information on support and breast feeding workshops
8. Choice of home birth
9. The midwife will encourage and explain the benefits of skin to skin
10. Encourage closeness with your baby
11. Advice on positioning and attachment for breast feeding
12. Information on feeding cues
13. Responsive feeding

Post natal visits at home will include:-

1. How to attach and position your baby to the breast at home
2. Breast feeding assessments by the midwife
3. Tools to help you self-assess your breast feeding
4. Information on feeding cues
5. How to recognise your baby is getting enough feed
6. How to build a positive relationship with your baby
7. Preparations and use of infant formula

Once again many thanks for your continued help and support of this unique midwifery service.

Bridgewater Midwifery Service

Quality first and foremost