

The Environment for Feeding



By Rachel Waddilove

For Beaming Baby

Parenting information you can rely on, from Baby Expert Rachel Waddilove.

Rachel provides wonderfully warm and practical guidance for you and your new baby in "The Baby Book, how to enjoy year one".

The Environment for Feeding

It's important for both you and your baby to be comfortable when feeding.... Before you begin to feed, wash your hands and have everything to hand that you'll need for feed time.

You will need:

- A jug of water and a glass (you need to drink plenty if breastfeeding)
- Snacks
- A bottle and warmer, if bottlefeeding or using expressed milk
- A changing mat
- A clean nappy
- Cotton wool and a small bowl of warm water
- A nappy sack
- Nappy rash cream (only necessary if his bottom is sore)
- Clean breast pads if needed
- A muslin for any milk brought up
- A pillow or specialist feeding pillow.

Feed Diary

Keeping a diary can help you to get to know your baby's feeding habits, and guide you in establishing a routine. The headings below are suggestions for a basic diary, but feel free to adapt them to your needs.

- Date
- Time awake (or time woken for feed)
- Time feed started
- Which breast/s fed from if breastfeeding
- Length of feed on each side if breastfeeding
- How much milk taken if bottle feeding
- Length of time awake
- Time settled for sleep

About the Author

Rachel Waddilove is a mother and a grandmother with over forty years experience as a maternity nurse, child-care expert, parental adviser and author.

Helping parents to look after their babies and young children is her passion and she provides a Consultancy and Maternity Nurse Service offering help and advice with newborns, growing babies and toddlers.

For more about Rachel, please visit [Rachel Waddilove's Page](#)



Rachel's Books

We thoroughly recommend Rachel Waddilove's books. To find out more, click on one of these links:

[The Baby Book, How to Enjoy Year One](#)

[The Toddler Book, How to Enjoy Your Growing Child](#)

More Information

For more information about preparing for the birth of your baby, please visit the [Beaming Baby Center](#), call our Free Helpline or email us, we'll be delighted to hear from you.

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