

Queen Mary Hospital Pregnancy Journey Record




“Breastfeeding brings baby with mother and starts the wonderful journey as a new parent!”

Name of Mother :

Date of 1st interview :

Date of 2nd interview :

If you have any enquiry or concern on infant feeding issue, please kindly contact our midwives.

 瑪麗醫院 Queen Mary Hospital	Pamphlet Topic & Department Code
Ownership	QMH/Obstetrics and Gynaecology-52
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Approval Group	HKWC Information Pamphlet Working Group
Distribution	As requested

We do our best to ...
Protect, Promote and Support
Breastfeeding

“WHO recommends exclusive breastfeeding up to 6 months of age. Breastfeeding should be continued along with appropriate complementary food up to two years of age or beyond.”

QMH Infant Feeding Policy

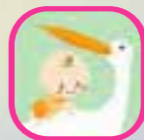


By 12 Weeks

Get Breastfeeding a good start



My Pregnancy 喜程 from HAGo



sing-to-your
baby program



Our antenatal health talk is specially designed for Parents-To-Be
You're welcome to join!



Please READ and PLAN:

- ☉ Birth Plan
- ☉ Birth Companionship and Labour pain relief method



By 20 - 28 Weeks
Close and loving relationship
helps brain development

★ Build intimate relationship with your baby

- ✓ He / She feels your activity, voice and emotion
- ✓ Think about baby and understand his/her development

★ Be responsive and treasure intimate moments

- ✓ Interact with your baby through talking, singing and touching
- ✓ Will grow better in a stable environment and be more confident
- ✓ Invite your partner and children to participate the intimate and warm moment

★ Baby-led feeding

- ✓ No matter breastfeeding or formula milk feeding, it should be led by the baby, avoid fixed feeding schedule or amount

Please READ:

- ☉ Skin to skin contact right after birth





By 36 Weeks

Breastfeeding posture and position

Effective milk transfer

Baby feeding cues



Webpage of Family Health Services, Department of Health

Please READ and PREPARE:

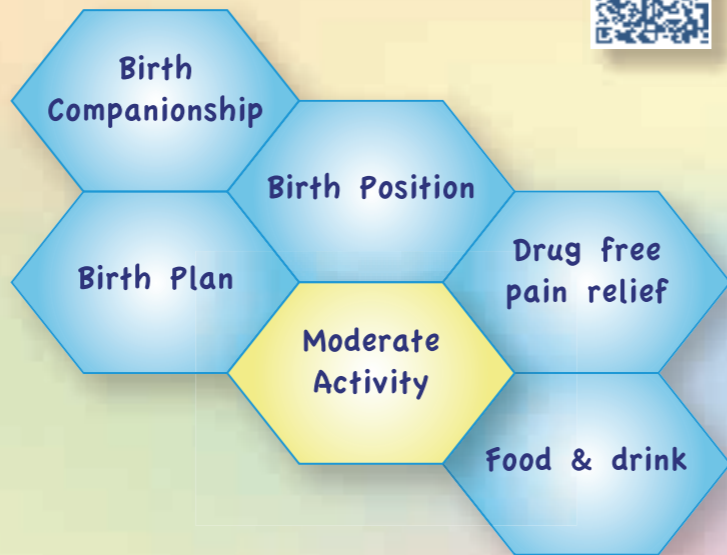
- ☉ Breastfeeding Friendly Workplace



Labour & Birth



Mother friendly practices



Please READ and PREPARE:

- ☉ Baby's first hour
- ☉ If mother and baby are separated, mother is advised to express milk to her baby within 6 hours of birth.



The Early Days

- ✓ Rooming-in: Baby stays warm and loved, and mother can observe baby's needs
- ✓ Start feeding when baby has feeding cues
- ✓ Leave baby crying unattended creates stress and insecurity, breastfeeding can be a way to soothe your baby
- ✓ Do not worry about baby eating too much, breastfeeding would not lead baby to obesity



Do not supplement formula milk to your baby unnecessarily!



Learn to observe if baby is feeding well!

Please READ and JOIN:

- ☉ Welcome to join our Breastfeeding Practicing Class at 15:30 everyday in postnatal ward
- ☉ Learn hand expression technique



Discharge Home



Family Support - make breastfeeding a great success!

Family support means a lot to mother. Helping household chores and baby care allow mother to rest well between feeds.



Please book near by Maternal Child Health Centre (MCHC) on discharge for follow up and ongoing support

Call for assistance if you have any concern

Professional support

- ◆ QMH Breastfeeding Hotline 2255 7381
- ◆ QMH Lactation Consultant Clinic 2255 5524 / 7306 9687
- ◆ FHS Hotline 2961 8868
- ◆ BFHI HK Hotline 2838 7727
- ◆ MCHC



Useful online resources

- ◆ Department of Obstetric & Gynaecology, HKU <http://www.obsgyn.hku.hk>
- ◆ Baby Friendly Hospital Initiative (HK) <http://www.Babyfriendly.org.hk/>
- ◆ Family Health Services (FHS, DH) <http://www.fhs.gov.hk>

Community Support

Peer support group or MCHC support group



Please contact our midwives for related information if you plan for formula feed