



# NOT JUST NUTRITION



## ANALGESIA

Cochrane review says that breastfeeding is effective as analgesia both within and beyond the neonatal period - offer it for cannulation, phlebotomy and other painful procedures



## COMFORT, CONNECTION & SLEEP

Many mothers and babies breastfeed for non-nutritional reasons, and this is valued and recommended by Unicef as part of "responsive feeding"

# NOT ALL OR NOTHING

## DOSE DEPENDENT IMPACT

The health impacts of breastmilk have been shown in many studies to be dose dependent: partial breastfeeding is better than none.

Breastmilk feeding by another route also provides most of the same health impacts as direct breastfeeding



## MIXED FEEDING

If exclusive breastfeeding is not possible or desired, mixed feeding also retains access to the non-nutritional benefits of breastfeeding. Formula feeding can take place at the breast with an 'at-breast supplementer' - the Infant Feeding Team and community breastfeeding support groups can advise