15th July 2016

**Suggestions for Alex and Rosanna**

* Continue to breastfeed on demand.
* Pay special attention to positioning and attachment.
* Make sure he is facing you and his head and body are in a straight line.
* Underneath arm preferable under the breast rather than across his body.
* This will help him to get a deeper latch and not be prone to nipple feeding.
* Lengths of feeds will vary but be aware of sufficient transfer of milk by audible swallowing and breasts feeling softer after feeds.
* He will become more efficient as he gets older.
* If he is gulping early on in a feed, stop and wind him. Frequent winding, 2-3 times during a feed will help address his vomiting and reduce his discomfort at night.
* When winding make sure his back is straight. Rub his back with upward strokes. Use different positions:

1. Sitting on your knee

2. Over the shoulder

3. Supporting under his arms and letting him hang

4. Carrying him facing out, sitting on one hand and supported around the neck area with the other hand.

5. Lying him on his front for ‘tummy time’. If he doesn’t like it try for a couple of minutes twice a day. This helps to develop his neck, chest and arm muscles.

* Be mindful of when he is feeding for comfort as this will encourage vomiting. Try to gently remove him from the breast and place him in a sling or his baby chair.
* Spending time with Will after feeds or during the night will encourage him to settle more quickly.

Contact me by phone or email in the next to review as necessary.