

The Midwife.

TECHNIQUE OF BREAST FEEDING.

INSTRUCTIONS FOR NURSING MOTHERS

Recommended by DR. TRUBY KING.

GENERAL INFORMATION.

1. Sleep with windows open.
2. Take a daily walk, wet or dry weather.
3. Rest, if possible, for half an hour, with feet up, after dinner. (Remember, five minutes with feet up is better than nothing.)
4. See that the bowels act regularly once a day. (A constipated mother makes a constipated, windy baby).
5. Let baby sleep in his own cot or basket; a baby in the bed is dangerous for several reasons and bad for the mother's breasts.

BEFORE EACH NURSING.

Drink a teacupful of water (best hot in the early morning and cold other times). A nursing mother must have extra fluid (not necessarily milk, if food allowance is sufficient). Milk, like food, nourishes the body, but does not necessarily increase the milk supply.

AFTER EACH NURSING.

1. If not sufficient milk, give the baby the extra food ordered. *Never* give bottle and breast time about: that is the way to decrease the milk supply (to wean, in other words).
2. Completely empty breasts, cleanse and dry nipples. (Most important).

MORNING TREATMENT.

1. Fruit, half an apple, orange, or pear, in season, *before* breakfast.

TO INCREASE MILK SUPPLY.

2. Bathe breasts for five minutes, any time before noon, have two cloths and two basins, one with hot and one with cold water, bathe with alternate hot and cool water; graduate till after six days water can be borne nearly boiling and dead cold. Finally, rub with rough towel and stroke towards nipple, always supporting breast with second hand.

EVENING TREATMENT.

Repeat bathing of breasts; take cup of hot milk or gruel before going to bed.

To make and keep bowels regular:—Besides morning fruit and hot water, eat fresh stewed fruit, green vegetables, and brown bread occasionally with syrup or treacle. If this is not sufficient, liquid extract of cascara taken in small doses, *i.e.*, 10 mins. three times a day, will not upset baby. Less should be taken every day until the mother is able to leave off altogether. But do not take doses of salts or castor oil.

BABY.

Number of feeds in the day should not exceed six. *Feed five times, four hourly intervals, if possible.*

Feed regularly by the clock.

Give water to drink at least twice a day between feeds.

No feeds between 10 or 10.30 p.m. and 6 a.m., but the baby can have water if restless.

Green motions with a breast-fed baby usually denote the child is fed too frequently, or is over-fed; feeding too quickly is generally followed by wind or vomiting.

QUEEN MARY'S MATERNITY HOME.

Her Majesty the Queen will lay the foundation-stone of the new Maternity Home, at Upper Heath, Hampstead, on October 12th, at 3 p.m. The Queen has consented that the new Home shall be named after her, and enjoy the title of Queen Mary's Maternity Home. Two years ago the good work was started at Cedar Lodge, North End Road, where excellent results have been obtained; but now the time has come to erect a model building for the care of lying-in mothers, and this has been made possible by the Queen devoting to the purpose some of the "Silver Shower" subscribed by the public and given to the Queen on the occasion of Her Majesty's silver wedding, and we have no doubt local bodies desirous of providing a Maternity Hospital on up-to-date lines will avail themselves of the opportunity of inspecting the plans of Queen Mary's Maternity Home, which is to be closely associated with the Hampstead Borough Council.

The Queen has given two prizes for the Pentonville Baby Show.

The Minister of Health has pointed out to the Willesden Council that their child welfare expenditure during the past year has cost £6 per birth as compared with £2 in other similar districts.

THE FOOD OF CHILDREN.

It is stated by competent observers that during the period of growth children require larger quantities of food than is usually supposed. In adolescence this may exceed by 1,000 calories the requirements of the average man or woman who is only moderately active. The need for supplies for growth and the incessant activity of children explains this. Children should have a liberal diet and not be stinted in the amount of food taken. They usually receive too little, rather than too much.

OBSTETRICAL EXAMINATIONS.

In a paper on obstetrical mistakes, it is stated that internal examinations made by a nurse in order to delay calling the doctor as long as possible are a grave menace and must not be tolerated. Internal examinations are extremely unfortunate necessities, and their number must be kept down as much as possible.

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