



# MONTHLY NEWSLETTER

ANNY JAMES

NOVEMBER 2025



We've had a busy couple of months. Teaming up with Holistic Birth Worcestershire, we are proud to be the Breastfeeding Counsellors supporting at a new group set up in the heart of Worcester City. Local Councillor, Hannah Cooper, funded the start up of the group that is easily accessible to mothers who may not be driving. We are really pleased to already be reaching new mothers and babies in the city.

Anny has also delivered a Breastfeeding session for a Holistic Birth Ante-Natal course in Evesham. The breastfeeding session looks at "How breastfeeding works". It also aims that the parents-to-be will have thought about their feeding goals, and any challenges they may have. They leave the session with a toolkit to help them with strategies to overcome those challenges and any barriers to their breastfeeding journey.

Finally we have written a Breastfeeding Journal. A booklet that will help women navigate the transition into Motherhood. Becoming a parent is life-changing, that not only involves the sudden responsibility for a new human being, but also a big shift in hormones for both parents. Anything that helps parents with this transition will ultimately help their feeding journey. Details on how to purchase a journal are on Page 5



## Courses and Groups We Support At



### **BABY CAFÉ**

WEDNESDAYS 10AM - 12PM  
AT KYNDFOLK,  
WATERWORKS RD,  
WORCESTER. WR1 3EZ



### **BUMPS & BABIES & BABY CAFÉ**

TUESDAYS 10AM - 12PM  
AT PLATINUM HALL,  
CROWLE. WR7 4AZ



### **ANTE-NATAL COURSE**

6 WEEKS STARTING  
4<sup>TH</sup> JANUARY  
10AM - 1PM  
EVESHAM

# Let's talk about a Newborn's Weight



We often support parents wondering if their babies are feeding effectively and gaining enough weight.

As soon as babies are born, they are weighed and their weight charted in their “Red Book”.

Weight gain and growth can certainly tell us something about how a baby is doing, but there is also a bigger picture to consider.

Along with that bigger picture, parents are often told “trust your instincts”, but for new parents that can be really hard, particularly if a baby’s weight gain is not following the curve in their red book, or is in the lower centiles. On the other hand, if a baby is gaining weight according to the curve, it can be a reassuring approach for many parents that feeding is going well.

But babies grow at their own pace, and it is important to remember that the graphs in the red book are merely guidelines. Further if babies are weighed immediately after birth, the type of birth, and any medications/fluids used during birth may impact baby’s weight as they may be holding extra water. This in turn will impact their percentage weight loss as they lose those extra fluids in the first few hours.

If it seems that babies have a larger than expected weight loss, or have not returned back to their birth weight by 3 weeks, the challenge for parents then is that it may be recommended they follow a feeding plan to help baby get “back on track” with the curves. Yet evidence is that a feeding plan may not protect breastfeeding. They are exhausting for parents to follow, often asking them to be on a perpetual cycle of; breastfeeding, expressing, preparing bottles, and bottle feeding. The cycle is not sustainable for any length of time, and, often, the first thing to stop, even if a mother doesn’t want to stop, is breastfeeding. Common risks are; supply is impacted by the use of formula, sheer exhaustion, and a general feeling of “mum guilt” that they’re not doing a good enough job.



# Let's talk about a Newborn's Weight Cont'

So what can be done to help?

It goes without saying, that the monitoring of babies weight can help detect problems with baby's health or feeding, and the following strategies should work, not instead of but, alongside any advice/guidance given by the healthcare team:

- If baby is full term and healthy, allow them to have skin-to-skin immediately after birth to help their instincts and reflexes start working - weighing can wait.
- When they are first weighed, the birth partner could take a photograph of baby on the scales and their weight as a back-up record.
- If a mother has received IV fluids during the birth, or had a caesarean birth, ask for baby to also be weighed at 24hrs after birth - this figure could be used as a starting point to determine how much weight baby has lost after birth.
- Determine the rationale behind a feeding plan. Is it to get more volume of milk into baby? If so how could this be done to help protect breastfeeding?
- Look at the bigger picture; How many wet and dirty nappies in a 24hr period? Is baby waking on their own frequently to feed? Does mum notice a change in her breasts when she feeds, eg. from full and engorged before a feed, to soft after?
- Make sure scales are placed on a firm surface; squishy, soft rugs or carpets can increase the inaccuracy of scales.
- Ask for some consistency in who is weighing and where baby is weighed.

If your baby seems healthy, active, and is regularly feeding, these are good indicators that they are gaining weight appropriately. Trusting your instincts becomes easier, particularly if you keep baby close and are attentive to your baby's cues and behaviours.

Remember, every baby is unique, and what's most important is their's and your overall well-being. If you are at all concerned, alongside the support from your healthcare provider, seek support from a group or Breastfeeding Counsellor

## Getting Support

**CLICK THE QR CODE FOR  
SUPPORT INFORMATION  
AND MUCH MORE**



[NCOTSBREASTFEEDINGSUPPORT](#)

# Meet The Team



Hi, I'm Anny, I qualified as a NCT Breastfeeding Counsellor in 2011. I am also an NCT Ante-Natal Practitioner. I have two children, one is an adult and my youngest is growing up fast. When my oldest was a baby I was asked by my Health Visitor if I'd like to become a Peer Supporter for the local breastfeeding group, and that is where my journey to become a Breastfeeding Counsellor began.

I currently work as a Breastfeeding Counsellor at 2 groups in Worcestershire and have also worked a number of years on the NCT Feeding Line and 1-to-1 calls for The Gloucestershire Breastfeeding Support Network.



I like keeping active and love being outdoors no matter the weather. These days I can most often be found; walking with my partner, swimming in a lake, climbing on a rock, climbing indoors, or belaying my daughter while she climbs. I'm also a big fan of Park Run and, if I've got a Saturday morning free, I'll try and fit one in. Most recently it's been a good reason to meet up and run with my son (well he runs, I run/walk!) who is at Cardiff University.

I have a passion for helping mothers and families, and with a keen interest in mental well-being, mindset, and nutrition. I'm often reflecting on how holistically, what I've learnt to help my well being and lifestyle may help mothers in their feeding/parenting journey.



## Fundraising

**ALL GROUPS ARE SELF FUNDED. HOLISTIC BIRTH RELY ON FUNDRAISING TO KEEP THE BREASTFEEDING SUPPORT GROUPS AND SLING GROUP FREE, AND TO OFFER AFFORDABLE ANTE-NATAL COURSES. CLICK ON THE QR CODE IF YOU WISH TO DONATE, EVERY £1 WILL MAKE A DIFFERENCE TO HELP US NURTURE OUR COMMUNITY**







# Feeding Journal

Our journal is more than just pages to fill. It's a space where you can capture your thoughts, feelings, and experiences. With 29 carefully crafted prompts, we encourage you to set your feeding goals and think about how to achieve them. Each prompt helps you explore and reflect on various aspects of being a parent, and provides valuable insights helping you make informed decisions through your journey into parenthood.

Questions and prompts include:

- ♥♥ What would you value most in your breastfeeding journey?
- ◆ Do you feel there are any expectations from others or society?
- ♥♥ What can you do if your birth moves away from the plan?
- ◆ How do you feel about asking for help, and what could you do to ask for help?
- ♥♥ What are the amazing things your body has done?

Start your journey today by Purchasing your journal in PDF form.  
Hard copies of the journal will also be for sale at groups.



## What's On in November



### INTRODUCING A BOTTLE THEME AT BABY CAFÉ, KYNDFOLK WEDNESDAY 12<sup>TH</sup> NOVEMBER

Each month we aim to facilitate a themed session at our Baby Café at Kyndfolk in Gheluvelt Park, Worcester. November it is "Introducing a Bottle". Pop along if you are interested to find out more information. But also, if you have introduced a bottle to your baby, come along to share your experience and tips.

### SLING LIBRARY

FRIDAY 7<sup>TH</sup> NOVEMBER

10:30AM - 12PM

CAVENDISH PARK CARE HOME  
OFFENHAM RD, EVESHAM. WR11 3DX