

Breastfeeding



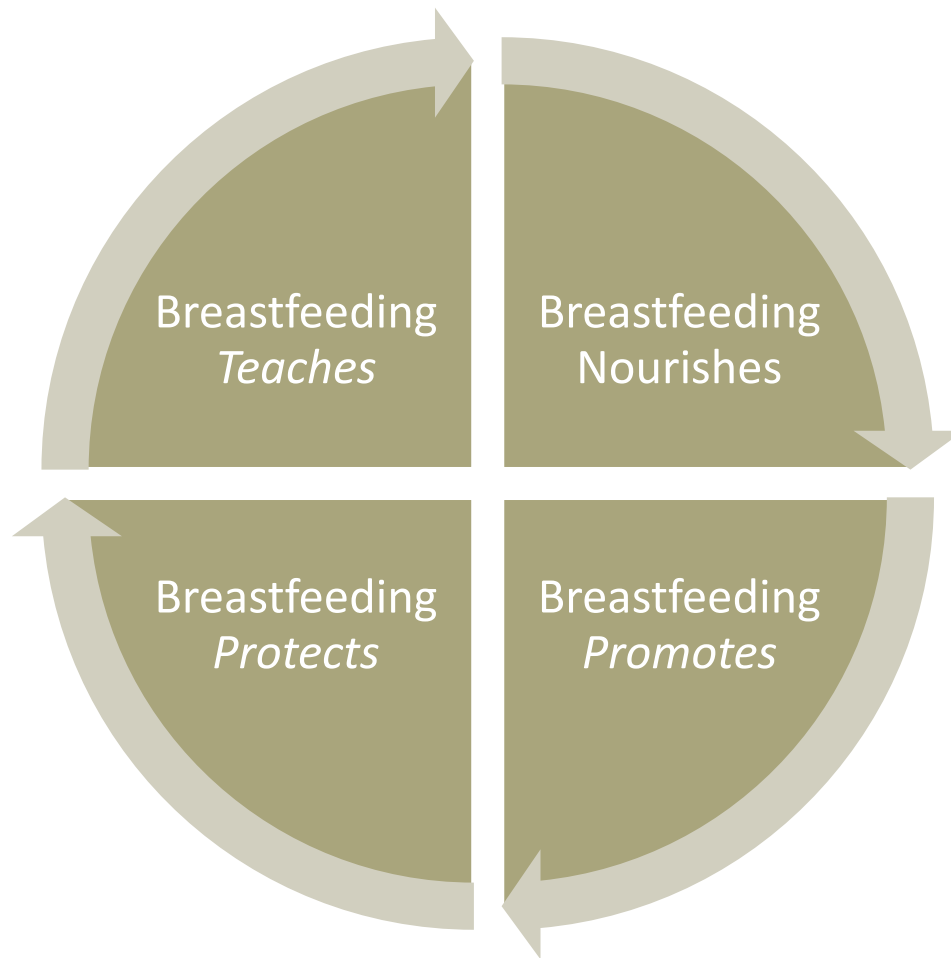
Healthy Eating Team
Of the Northern Healthy Communities Partnership



Topics discussed

- Breastfeeding Basics
 - Why breastfeed?
 - Getting started
 - Feeding basics
 - Is baby getting enough?
 - The fathers role
- Breastfeeding Challenges
- Baby Friendly Initiative
- Activities and Resources

Why breastfeed?



Breastfeeding *Nourishes*

- Breast milk is designed to give baby exactly what they need
- Breast milk changes as baby grows to meet their unique needs
- It is the **ONLY** food baby needs until 6 months of age



Breastfeeding *Promotes*

- Healthy growth & development
- Healthy development of baby's jaw & teeth
- Bonding and attachment
- Responsive parenting
- Restful sleep



Breastfeeding *Protects*

- Mom
 - Excessive bleeding following birth
 - Breast and ovarian cancer
 - Type 2 diabetes
- Baby
 - Infection from bacteria and viruses
 - Sudden Infant Death Syndrome
 - Future diseases like diabetes and heart disease

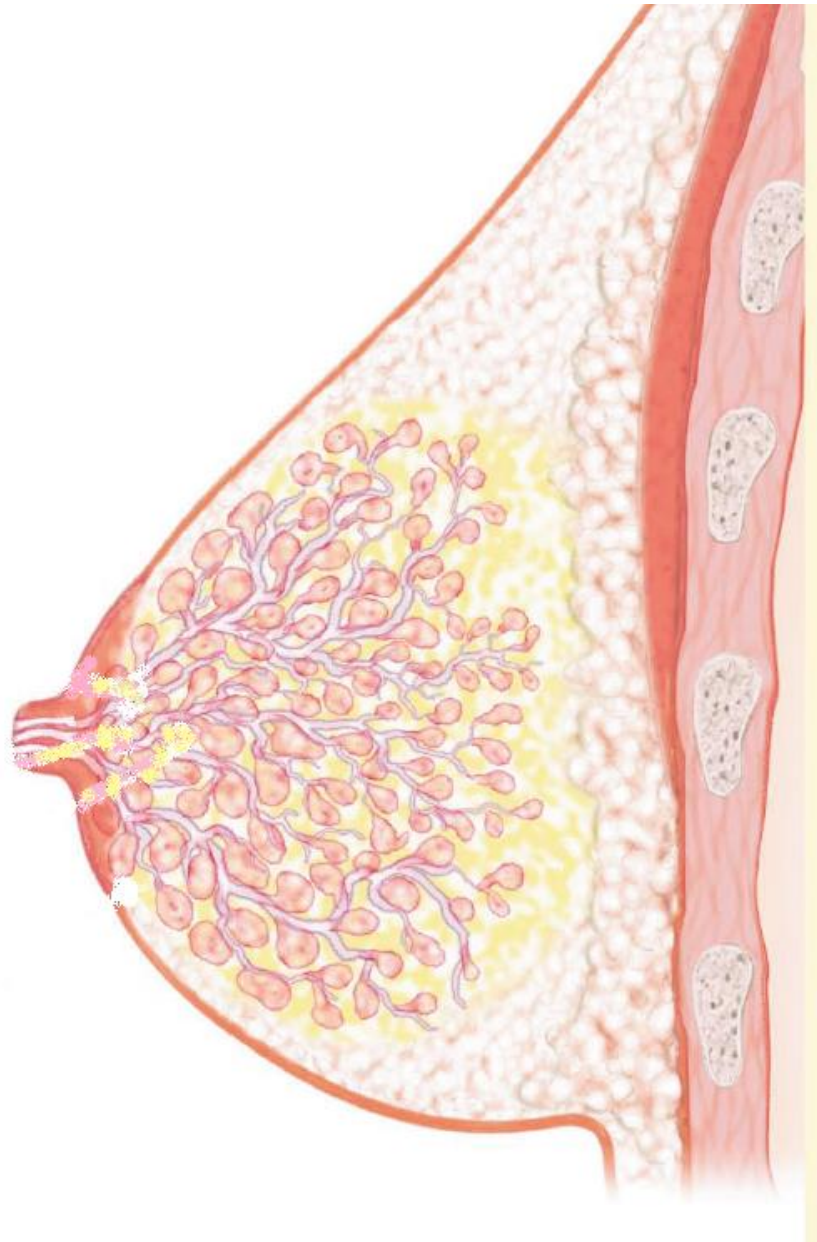


Babies like to feel close and protected

Breastfeeding *Teaches*

- Parents learn about themselves and their baby
- Mothers learn about breastfeeding from other mothers





Picture:

Starting to breastfeed

- Babies are born with the instinct to breastfeed
- Colostrum is the breast milk produced immediately after birth
- Colostrum is important for baby's immune system



Skin-to-skin holding

- Baby lies on the mothers bare stomach and chest immediately after birth, for at least 1 hour



The benefits:

- Encourages a baby led latch
- Encourages bonding
- Helps calm and stabilize baby after birth
- Helps with mom's milk supply
- Transfers healthy bacteria from mom to baby

[Breast Crawl Video](#)

Getting in Position

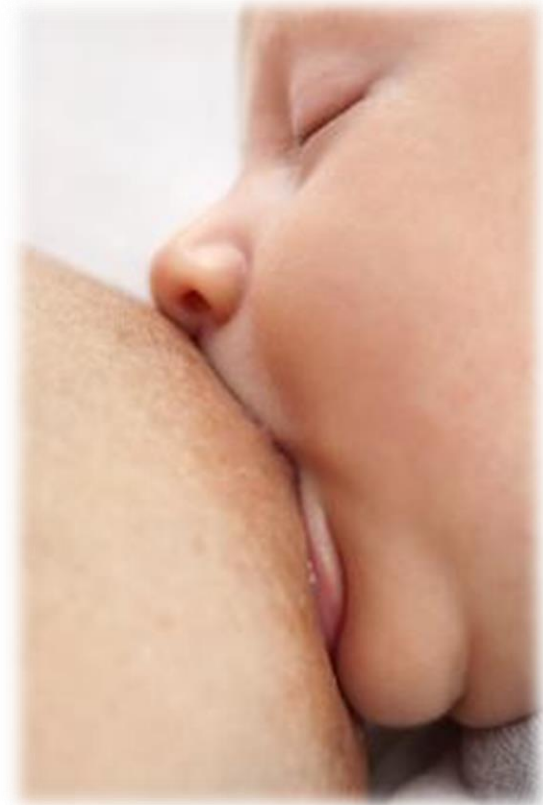
- Get mom comfortable
- “Tummy to mommy”
- Ear’s, shoulder, and hips in one line
- Baby’s nose to nipple
- Wait for the baby’s mouth to open wide
- Pull the baby into the breast using your forearm



Is the latch “good”?

- You will know baby is latched well if:
 - Mom is comfortable (no pain)
 - Wide open mouth and flared lips
 - Ears or temples moving during sucking
 - Baby will suck faster at first, but then slower with **pauses**
 - Baby has a strong, slow, regular suck
 - **You should hear swallowing sounds**

[Swallowing Video](#)



Cue-based feeding

- Babies will indicate when they are hungry and when they are full
- Babies need to be fed a minimum of 8-12 times in 24 hours
- Newborns may not wake up on their own to feed this often



Crying and Burping

- Always respond to a crying baby – babies develop best when parents respond to their signs
- Burping is different for every baby – breastfed babies do not swallow a lot of air



Hand expressing breast milk

- Why?
 - The smell of breast milk and colostrum gets baby interested in latching
 - Soften the breasts to help baby latch
 - Make the breasts more comfortable if they are full
 - Express milk for the baby if mom and baby are separated



Safe storage of breast milk

Safe Storage of Breastmilk

These guidelines refer to expressed breastmilk used for healthy, full-term infants.

Can be safely kept	Fresh Breastmilk	Thawed Breastmilk
At room temperature	4 hours	Do not store.
In a cooler with ice packs	24 hours	Do not store.
In a refrigerator	3–5 days	24 hours
In a refrigerator freezer	3–6 months	Do not refreeze.
In a deep freezer	6–12 months	Do not refreeze.














The information contained on this magnet is not intended to replace the advice of a healthcare professional.

Vitamin D supplementation

- All breastfed babies need 10 µg (400 IU) of vitamin D everyday
- Breastfed babies in Northern Saskatchewan need 20 µg (800 IU) during the winter months (Oct-Apr)



Is baby getting enough?

GUIDELINES FOR NURSING MOTHERS									
Your Baby's Age	1 WEEK							2 WEEKS	3 WEEKS
	1 DAY	2 DAYS	3 DAYS	4 DAYS	5 DAYS	6 DAYS	7 DAYS		
How Often Should You Breastfeed? Per day, on average over 24 hours	 <p>At least 8 feeds per day (every 1 to 3 hours). Your baby is sucking strongly, slowly, steadily and swallowing often.</p>								
Your Baby's Tummy Size	 <p>Size of a cherry</p>		 <p>Size of a walnut</p>		 <p>Size of an apricot</p>		 <p>Size of an egg</p>		
Wet Diapers: How Many, How Wet Per day, on average over 24 hours	 <p>At least 1 WET</p>	 <p>At least 2 WET</p>	 <p>At least 3 WET</p>	 <p>At least 4 WET</p>	 <p>At least 6 HEAVY WET WITH PALE YELLOW OR CLEAR URINE</p>				
Soiled Diapers: Number and Colour of Stools Per day, on average over 24 hours	 <p>At least 1 to 2 BLACK OR DARK GREEN</p>		 <p>At least 3 BROWN, GREEN, OR YELLOW</p>		 <p>At least 3 large, soft and seedy YELLOW</p>				
Your Baby's Weight	Babies lose an average of 7% of their birth weight in the first 3 days after birth.			From Day 4 onward your baby should gain 20 to 35g per day (2/3 to 1 1/3 oz) and regain his or her birth weight by 10 to 14 days.					
Other Signs	Your baby should have a strong cry, move actively and wake easily. Your breasts feel softer and less full after breastfeeding.								
Breast milk is all the food a baby needs for the first six months — At six months of age begin introducing solid foods while continuing to breastfeed until age two or older. (WHO, UNICEF, Canadian Pediatric Society)									
If you need help ask your doctor, nurse, or midwife. To find the health department nearest you, call INFO line: 1-800-268-1154. For peer breastfeeding support call La Leche League Canada Referral Service 1-800-665-4324.									

Normal infant diapers

The baby's poop should change color from black to yellow during the first 5 days after birth.



The baby's first poop is black and sticky.



The poop turns green by Day 3 or 4.



The poop should turn yellow by Day 4 or 5.



Poop can look seedy.



Poop can look watery.



Illness, injury, or allergies can cause blood in poop. Call Doctor.

The fathers role

- Encourage fathers to play an active role in breastfeeding – their help is vital to making enough breast milk
- Fathers can ensure a good supply of breast milk by:
 - Bringing baby to mom
 - Feeding mom (cooking, grocery shopping)
 - Burping baby
 - Changing baby's diaper
 - Telling mom she's doing a great job
 - Trying to help mom relax and get extra sleep
- [Video on Father Involvement](#)

Candice & Baby Blake

- This is Candice's 1st child
- C-section
- Breastfeeding
- Blake is 2 days old
- Today Blake had:
 - 2 wet diapers
 - 1 dark green stool

*What can we say to help
Candice?*

*Is she making enough
milk?*

"I'm worried I'm not making enough milk. It doesn't seem like much is coming out and Blake wants to eat all the time. Should I give him a bottle?"



Candice & Baby Blake

- Offering a bottle—even 1—can interrupt breast milk supply
 - Reassure her that she's making the right amount & to persist

WHY DOES A NEWBORN DRINK
EVERY 1-2 HOURS?

THIS IS WHY.



DAY 1
5-7ML



DAY 3
22-27ML



DAY 7
45-60ML



1 MONTH
80-150ML

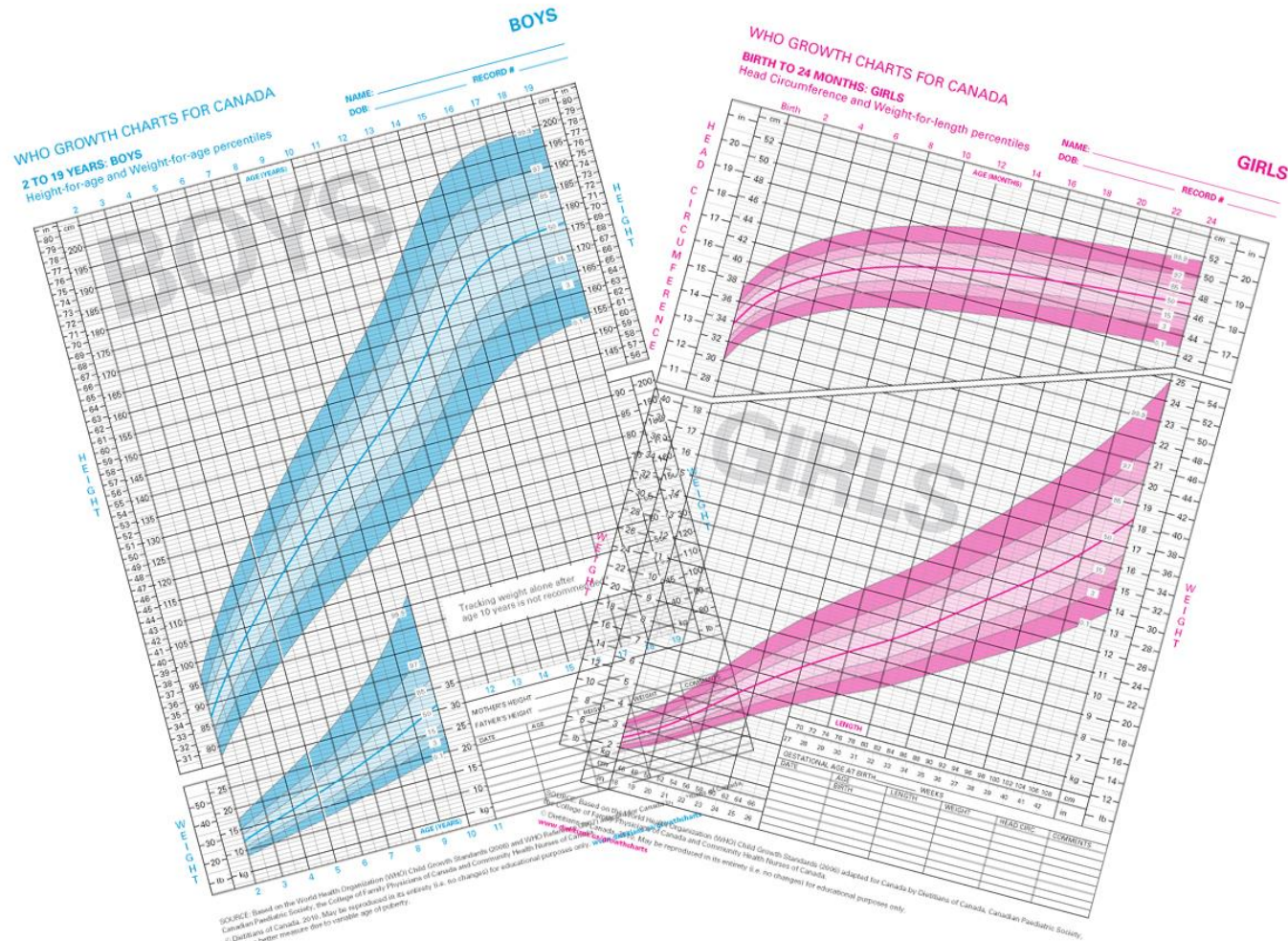
Breastfeeding Challenges



Infant conditions and breastfeeding

- Stopping or interrupting breastfeeding does little to manage:
 - Colic
 - Constipation
 - Reflux
 - Acute gut infections
- Baby's need the immune support, fluids and comfort that breastfeeding provides

Is the infant growing normally?



Can all mothers breastfeed?

- There are only a few situations when a mother cannot or should not breastfeed:
 - HIV-infected
 - Herpes lesions on both breasts
 - Cracked, bleeding nipples in mothers with Hep C
 - Untreated, infectious TB
 - Severe illness that prevents her from caring for her infant



For mothers who cannot breastfeed

- Recommend a cow's milk based commercial infant formula as an alternative to breastfeeding
- Do not give the following to infants:
 - Home-made, canned milk formulas
 - Carton or canned cow's milk
 - Goat's milk
 - Soy beverage
 - Rice beverage



Medications, alcohol and smoking...

- Many medications are safe to take while breastfeeding – mothers should check with their doctors or pharmacists
- Alcohol passes through the breast milk – however, mothers can continue to breastfeed with **occasional moderate** alcohol consumption
- Encourage mothers who smoke to continue breastfeeding while minimizing the risk of second hand smoke



Returning to work or school

- Mothers can and should continue to breastfeed even if they are going to be away from their babies for prolonged periods of time



Common Breastfeeding Problems

- Mothers often stop breastfeeding due to one of the following **common** problems:
 - Sore or cracked nipples
 - Engorgement
 - Plugged Ducts
 - Mastitis
 - Thrush
 - Jaundice
 - Post-partum depression or mood disorders
- Mothers do not need to stop breastfeeding if she experiences any of these problems

Assisting with Breastfeeding Problems

- Latch and positioning
 - Try different positions
 - Ensure mom is comfortable – get creative!
- Frequency of feedings
 - Encourage frequent feedings
- Current breast care
 - Encourage use of breast milk to relieve sore or cracked nipples
 - Encourage the use of heat or cold as needed

Assisting with Breastfeeding Problems

- Expression of breast milk
 - Encourage hand expression
 - Discuss proper use of pumps
- Maternal health
 - Encourage healthy eating and adequate fluids
 - Encourage mom to rest – sleep when baby is sleeping!
 - Encourage mom to ask for help and take help when offered – family, friends, partners!



When to Refer

- Refer to a doctor and/or lactation consultant if you suspect the following:
 - Mastitis (breast infection)
 - Tongue tie
 - Thrush
- Research local resources/contacts for breastfeeding problems you are not comfortable assisting with



Jarret

- Jarret has been breastfeeding for 3 months
- Mom has low grade fever
- Reddened area on the breast that is hard and lumpy
- Extreme pain in one area of the breast
- Wears a tight fitting bra
- Correct latch
- Mother is tired

“I feel tired and my breast is hurting. I need help!”



Jarret

What's going on?

- Plugged duct likely due to poor fitting bra and mom being over tired and stressed
- Plugged duct likely has lead to mastitis

Possible solutions:

- Heat
- Switch up positioning – avoid positions that push on the breast during feeding
- Nurse on sore breast first
- Nurse frequently
- Rest and eat/drink well!



What is Baby Friendly Initiative?

- BFI is a set of standards shown to increase breastfeeding rates by promoting, protecting and supporting breastfeeding
- Becoming a BFI-certified organization involves 11 steps



Supporting Breastfeeding

How can you support breastfeeding in your community?

- Make your clinic breastfeeding friendly
- Keep staff up-to-date
- Empower women to make informed decisions
- Include families and other support persons in prenatal classes
- Offer breastfeeding support groups
- Engage others in the community

Activities and Resources

- Include partners, grandmothers, aunts, sisters, and elders in prenatal classes
- Breastfeeding benefits activity
- Create and fill out an infant feeding plan
- “I can” breastfeeding activity
- “Could you see yourself in this picture?” activity
- Engorgement activity (as previously discussed)
- Breastfeeding peer support group

Questions?

Health care provider name

Contact info