

Advantages of Breastfeeding

Good for Babies

Good for Moms

Good for Families

Good for the Planet

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LACTATION EDUCATION RESOURCES

VERGIE HUGHES RN MS IBCLC FILCA

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Advantages of Breastfeeding

Breastfed
babies have
less asthma



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Advantages of Breastfeeding

Breastfed babies
have less
childhood cancer



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Advantages of Breastfeeding



Breastmilk helps
protect premature
infants from a
serious intestinal
infection, necrotizing
enterocolitis

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Breastfeeding is the “Gold Standard” in Infant Feeding

Exclusive breastfeeding gives the baby the most advantages



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Advantages of Breastfeeding

Breastfeeding helps mothers space pregnancies



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Advantages of Breastfeeding

Breastfeeding improves infant's lung function



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Advantages of Breastfeeding



Women who breastfeed have less bladder infections

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Advantages of Breastfeeding

Breastfed babies have less ear infections



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Breastfeeding: *Getting the Right Start*

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Learning Objectives

At the end of this session you will be able to:

- Discuss the advantages of breastfeeding in the first hour after delivery
- Correctly position and latch-on your baby
- Assess if your baby is getting enough to eat



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American Academy of Pediatrics Policy Statement on Breastfeeding

- Peri-partum policies and practices that optimize breastfeeding initiation and maintenance
- Infants remain skin-to-skin until first feeding is accomplished
- Supplements should not be given unless ordered by MD
- Continuous rooming-in
- Breastfeeding evaluation 2 times each day
- Mother and infant should sleep in proximity to each other
- In-depth training for all hospital staff
- Encourage insurance coverage for breastfeeding services and supplies
- Direct breastfeeding is best
- Pediatricians should provide complete, current information on the benefits of breastfeeding and promote breastfeeding as the cultural norm

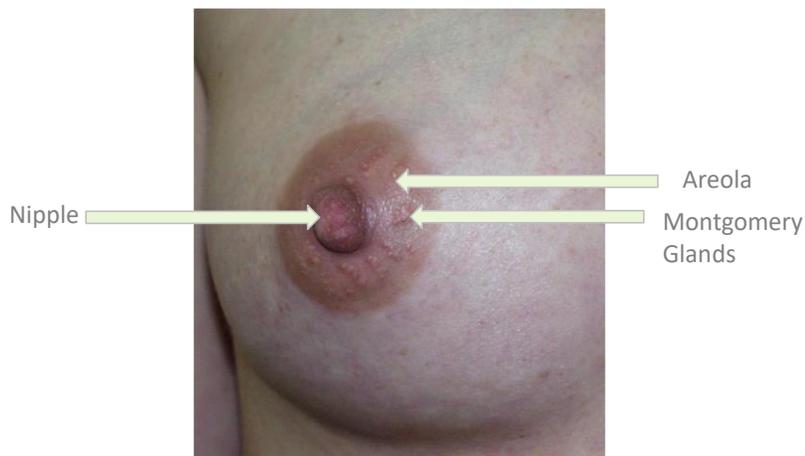
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Preparation for Breastfeeding

- Check your nipples
 - Flat or inverted nipples
 - Have a lactation consultant check if you are unsure
- Use no creams or drying agents
- Read and ask lots of questions!
 - The Nursing Mother's Companion by K Huggins
 - Breastfeeding Made Simple by Mohrbacher & Kendall-Tackett

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Know Your Breasts



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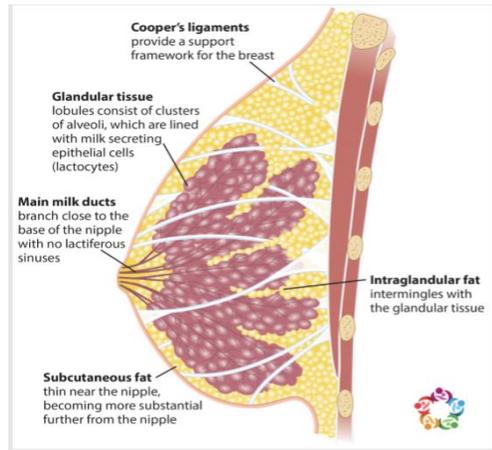
Know your Breasts, Inside

Alveoli

- Makes and stores milk

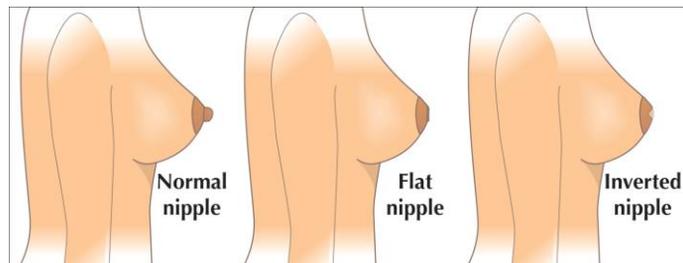
Ducts

- Transports milk to nipple



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Check Your Nipples



Do the "pinch test"

- Gently squeeze at the edge of the areola
- Rub the nipples to stimulate them to become erect
- The nipple should protrude

✓ *Flat or inverted nipples need treatment prenatally*

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Normal Nipples



Erect without stimulation

Become erect with stimulation



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Flat Nipples



Pinch test

Breast pump

Nipple shield

No bottles while your baby is learning to breastfeed!

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Four Positions for Holding Your Baby

“Beginner’s” positions

- Cross-cradle hold
- Football hold

“Advanced” positions

- Cradle hold
- Side lying

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Cross-Cradle Hold

- Position your baby at breast height
- Roll your baby “belly to belly”
- Line your baby up “nose to nipple”
- Hold your baby’s head behind his ears



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Football Hold

- Position your baby at breast height
- Roll your baby “belly to belly”
- Line your baby up “nose to nipple”
- Hold your baby’s head behind his ears



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Football Hold

Blanket roll or pillow to provide wrist support



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Cradle Hold

- Position your baby at breast height
- Roll your baby “belly to belly”
- Line your baby up “nose to nipple”
- Hold your baby’s head in the bend of your elbow or on your forearm



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Side-lying Position

- Side lying facing the baby “belly to belly”
- Line the baby up “nose to nipple”
- Hold the baby’s head behind the ears for the latch-on
- Support both mom and the baby with pillows



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The Employed Breastfeeding Mother

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Learning Objectives

At the end of this lesson you will be able to:

- Discuss several options for breastfeeding while working
- Identify key features in selecting a breast pump
- Practice safe hygiene and breastmilk storage
- Trouble shoot problems with the pump
- Introduce a bottle feeding without jeopardizing breastfeeding

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Working Mothers



Nearly 51% of women are in the work force; of these, 62% are of childbearing age

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“Welcome to My World”

- Delicate balance of competing demands
 - Child care
 - Work, full or part time
 - Managing a household
 - Social obligations
- Infant formula advertising/ prominence in society
 - Breastfeeding can seem “optional”
- Fatigue/sleep deprivation
- Sadness about leaving baby



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Breastfeeding and Working: Variations on a Theme

Total breastfeeding

- Breastfeed baby during workday

Total breastmilk feeding

- Breastfeeding and pumped breastmilk
- Pump twice during an 8 hour day if possible

Partial breastmilk feeding

- Breastfeeding at home, pumped breastmilk, some formula

Partial breastfeeding

- Breastfeed when at home, use formula at day care

Reverse cycle feeding

- Breastfeed more in the evening and at night so less feedings are needed during the day.

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Pumping How To's

- Pump 2-3 times per day
 - Squeeze in as many pumping sessions per day as possible
 - Frequency is more important than duration of pumping
- Try to pump when your baby would be feeding at home
- Pump for 10-15 minutes
 - Pump 2 minutes past last drops

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Types of Pumps

- Hospital grade
- Personal use
- Small electric and battery
- Manually operated
- Hand expression

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It Can Work!

- Planning
- Consistent pumping
- Breastfeeding at home
- Supportive workplace and family



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Introducing Solid Foods to Your Breastfeeding Baby

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Learning Objectives

- At the end of this lesson, you will know:
- How to know when to start
- What to start with
- Making your own baby food
- Preventing allergies
- Helpful websites and books
- Establishing a healthy life style



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“Complementary Foods”



Additional foods given, along with breastmilk, to meet baby's increased needs for growth.

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Introducing Solid Foods to Your Breastfeeding Baby

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How Long Should I Breastfeed?

- The American Academy of Pediatrics states that exclusive breastfeeding is sufficient to support optimal growth and development for approximately the first **6 months of life**. Breastfeeding should be continued for **at least the first year** of life and beyond as long as mutually desired by mother and child.
- World Health Organization recommends exclusively breastfeeding for the **first 6 months of life** to achieve optimal growth, development and health. Infants should receive nutritionally adequate complementary foods while breastfeeding continues up to **two years of age and beyond**.

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Crying Does Not Always Mean Hunger

- Learn to interpret infant's cries
- Can also mean
 - Lonely--needs holding, playing, motion, sounds
 - Uncomfortable
 - Too hot, too cold
 - Needs diaper changed
- If excessive crying, evaluate for food sensitivities, colic

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Babies Regulate Own Calories

- By 6 weeks of age, infants regulate own energy intake
 - If given higher calorie foods, they eat less
 - If given lower calorie foods, they eat more
- Don't overfeed!
- Infants need less calories/per body weight as they grow older
- Tempting to "empty the bottle"

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When to Start Solids

- About 6 months and double the birth weight
- No rush, if no interest try later
- Flavors in breastmilk prepare your baby for new foods
- Watch your baby's cues
 - Can sit independently
 - Interest in watching you eat
 - Curiosity about your food
 - Reaching for food
 - Breastfeeds more often

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Why Wait Until 6 Months?

- Head and neck muscles provide adequate head control
- Oral reflexes can swallow semi-solid and solid foods
- Enzyme system and GI tract adequately matured to digest variety of foods
- Baby gets more protection from illness breastfeeding
- Reduces risk of obesity
- Immune systems is ready to handle foods, protect against pathogens and allergies
- Kidneys will not be over-loaded

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Monitoring Growth

- Double birth weight by 5-6 months
- Triple birth weight by 12 months

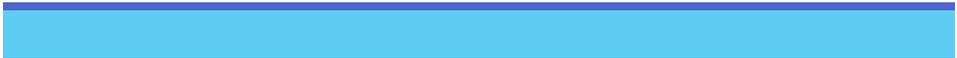
- Growth is monitored on growth chart
- Weight gain will be fast the first 3 months, then slow

- Teething occurs around 4-7 months (3-12)

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What to Start With

- Offer foods your baby shows an interest in
- Don't worry about how much he takes
- Expand the variety over time
- Appetite varies meal to meal, day to day
- Pureed vs mashed?



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What to Start With

- Babies need iron and zinc at 5-6 months
 - Infant cereal is fortified with iron
 - May cause constipation, poorly absorbed
 - Enzymes in breastmilk break down starches



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Adding New Foods

Common recommendations

- Iron fortified cereals
- Vegetables
- Fruits
- Meats (6-9 months)
- Whole milk (1 year)

New recommendations

- Bananas
- Meats
- Whole grain cereals
- Fruits
- Vegetables
- Egg yolks
- Whole milk and other dairy products (1 year)

Consult with your health care provider for his/her recommendations

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Progressing

Age	Food	Beverages
6 months	Spoon feed pureed / mashed foods Do not add foods to a bottle Iron fortified cereals Vegetables and fruits	Breastmilk Infant formula
7-8 months	Soft, lumpy, minced or mashed foods Add meats	Can drink from a cup
9+ months	Finger foods, soft cooked foods, foods cut in small bites	Babies have sucking needs that continue
9-15 months	Can use spoon and fork	Continue breastfeeding for 12 + months

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Adding Other Foods

- Vegetables and fruits
 - BRAT diet
 - Avocado
- Use whole foods with their naturally occurring fats
- Use whole grain cereals
- Current recommendations for highly allergenic foods are to offer them early (after 6 months) and often

