

Step 10: Breastfeeding Support after Discharge

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NH's Ten Steps to Successful Breastfeeding: Step by (baby) Step



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Step 10: Objectives

At the end of this 45 minute session, the participant will be able to:

- Create a system of breastfeeding follow-up support for mothers who are discharged from your birthing facility
- Develop a network of support for breastfeeding mothers based upon available resources in their own communities



STEP 10: Foster establishment of breastfeeding support & refer mothers to them on discharge

- **Discuss plans with mothers who are close to discharge for how they will feed their babies at home**
- **Provide written discharge information for mothers that reviews:**
 - How and where to find help on feeding their infants if they have questions or need assistance after they return home, including information on how to contact:
 - Breastfeeding support groups
 - Peer counselors
 - Other community health services
 - The importance of exclusive breastfeeding for ~ 6 months

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STEP 10: Foster establishment of breastfeeding support & refer mothers to them on discharge

- **Foster establishment of *and/or* coordinate with mother support groups & other community services to provide support to mothers on feeding their babies after discharge**
- **Develop a system of follow-up support for mothers after they are discharged especially if no adequate source of support is available for referral. Follow-up support may include:**
 - Early postnatal or lactation clinic check-ups
 - Home visits
 - Routine postpartum follow-up telephone calls
 - Telephone help line



STEP 10: Foster establishment of breastfeeding support & refer mothers to them on discharge

- **Refer mothers for help with feeding to the following follow-up supports in their community, as available:**
 - Breastfeeding support groups (e.g., La Leche League)
 - Community lactation clinics
 - Home health services
 - Peer counselors
 - WIC
 - Your facility's system of follow-up support (e.g., telephone help line, lactation clinic)



STEP 10: Foster establishment of breastfeeding support & refer mothers to them on discharge

- **Encourage mothers to see a health care worker soon after discharge who can assess breastfeeding and provide any needed support**
 - Follow-up should occur within 2-5 days after birth and again during the 2nd week
 - Options for follow-up: Pediatrician, family physician, visiting nurse, or other skilled breastfeeding support person in the community
- **Coordinate activities with the WIC program *and/or* other community services that offer peer support *and/or* counselors**



Step 10: The Evidence

- **Combined lay + professional BF support:**

↑BF duration and exclusivity

Britton, et al. Cochrane Database Syst Rev. 2007.

- **Antenatal + postnatal education:**

↑BF exclusivity

Su, et al. BMJ. 2007.

- **Trained health visitor program:**

↓BF cessation in 1st 6 months

Kronborg, et al. Acta Paediatr. 2007.

- **Proactive prenatal/postnatal telephone support:**

↑BF duration + exclusivity

Dennis & Kingston. J Obstet Gynecol Neonatal Nurs. 2008.

Murray, et al. Birth. 2007.

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References

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