

Step 4: STS and 1st Breastfeed

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



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Step 4: Objectives

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

- Advocate for mothers to have their babies placed skin-to-skin immediately following delivery and be allowed to remain there for at least one hour if they are both healthy
- Demonstrate to mothers how to recognize signs that their babies are ready to feed and encourage mothers to feed their infants upon identification of these cues



STEP 4: Help Mothers Initiate Breastfeeding Within One Hour of Birth

- **Ensure that all mothers who deliver vaginally are given their babies to hold with uninterrupted and continuous skin-to-skin contact immediately after birth and allowed to remain there together until completion of the first feeding**
 - Or for at least one hour if not breastfeeding
 - Unless there are medically justifiable reasons for delayed contact



STEP 4: Help Mothers Initiate Breastfeeding Within One Hour of Birth

- **Ensure that mothers who have had cesarean deliveries are given their babies to hold with uninterrupted and continuous skin-to-skin contact within 5 minutes after they are able to respond to their babies, and allowed to remain there together until completion of the first feeding**
 - Or for at least one hour if not breastfeeding
 - Unless there are medically justifiable reasons for delayed contact



STEP 4: Help Mothers Initiate Breastfeeding Within One Hour of Birth

- **Perform all routine procedures (e.g., assessments, Apgars) with the baby in skin-to-skin contact with the mother**
- **Delay all routine procedures that require separation from the mother (e.g., bathing) until after this initial period of skin-to-skin contact**
- **Perform procedures at the mother's bedside, whenever possible**
- **Ensure that all mothers receive instruction on how to recognize signs that their baby is ready to feed and are encouraged to feed their baby upon identification of these cues**



STEP 4. Help Mothers Initiate Breastfeeding Within One Hour of Birth

- **Ensure that all mothers receive assistance with initiating breastfeeding during this first hour**
- **In the event of medically indicated separation, ensure that skin-to-skin contact is initiated as soon as mothers and infants are reunited**
 - Encourage mothers to remain in skin-to-skin contact together with their infant thereafter, whenever possible



Step 4: The Evidence

- **Baby transitions**
 - ↑physiologic stability (HR, RR, SaO₂, temps, glucoses)
 - ↑success of first feeding
 - ↑effective breastfeeding behaviors
- **Maternal transitions**
 - ↓breast engorgement pain, state anxiety
 - ↑maternal affectionate behaviors, parenting confidence
- **Breastfeeding duration**
 - ↑BF at 1 - 4 months
 - Breastfeed ~ 43 days longer

Moore, *et al.* *Cochrane Database Syst Rev.* 2007.

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Additional Evidence for STS

- **Skin-to-skin RCT in first time mothers:**
 - Higher mean suckling competency
 - Achieved effective breastfeeding 2x sooner

Moore & Anderson. *J Midwifery Women's Health*. 2007.

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Skin-to-Skin and Early Suckling

- 72 infants randomized to 1 hr contact vs. separation

- 20 min: crawling movements → breast
- 50 min: rooting and suckling at breast

- **Correct suckling technique**

- Contact group 63%
- Separation group 21%

Righard & Aladade. *Lancet*. 1990.



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The Breast Crawl

<http://www.breastcrawl.org/video.htm>

Colson, et al. *Early Hum Dev.* 2008.



Step 4: The Evidence

- **Mothers who receive early BF help from staff are:**
 - ½ x as likely to stop BF before 6 weeks
DiGirolamo, et al. Pediatrics 2008.
 - More likely to BF through 16 weeks
Moore, et al. Cochrane Database Syst Rev. 2007.
Murray, et al. Birth. 2007.
 - Breastfeed for ~ 43 days longer
Moore, et al. Cochrane Database Syst Rev. 2007.



Step 4: The Evidence

- **STS associated with:**
 - ↑thermal regulation in infants during first 5 min
 - ↑exclusive BF at discharge
- **Additional possible benefits of STS:**
 - ↑recovery from hypothermia at 5 min
 - ↓time for delivery of placenta

Marin Gabriel, *et al. Acta Paediatr.* 2009.



References

- Colson SD, *et al.* Optimal positions for the release of primitive neonatal reflexes stimulating breastfeeding. *Early Hum Dev.* 2008;84:441-449.
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- Murray, *et al.* Hospital practices that increase breastfeeding duration: Results from a population-based study. *Birth.* 2007;34:202-211.

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