Step 4: STS and 1st Breastfeed

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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

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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

Additional Evidence for STS

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

Skin-to-Skin and Early Suckling

- 72 infants randomized to 1 hr contact vs. separation
  - 20 min: crawling movements $\rightarrow$ breast
  - 50 min: rooting and suckling at breast

- Correct suckling technique
  - Contact group 63%
  - Separation group 21%


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

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The Breast Crawl

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

Mothers who receive early BF help from staff are:

- \( \frac{1}{2} \) x as likely to stop BF before 6 weeks
  \[ \text{DiGirolamo, et al. Pediatrics 2008.} \]

- More likely to BF through 16 weeks
  \[ \text{Moore, et al. Cochrane Database Syst Rev. 2007.} \]
  \[ \text{Murray, et al. Birth. 2007.} \]

- Breastfeed for \(~ 43\) days longer
  \[ \text{Moore, et al. Cochrane Database Syst Rev. 2007.} \]
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

References


• Moore ER, Anderson GC. Randomized controlled trial of very early mother-infant skin-to-skin contact and breastfeeding status. *J Midwifery Women’s Health.* 2007;52:116-125.

• Murray, et al. Hospital practices that increase breastfeeding duration: Results from a population-based study. *Birth.* 2007;34:202-211.