

Step 5: Show Moms How to Breastfeed

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



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Step 5: Objectives

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

- Describe recommended topics to include in pre-discharge teaching on basic breastfeeding practices / management
- Counsel a mother in ways to maintain lactation in the event she is separated from her infant



STEP 5: Show mothers how to breastfeed and how to maintain lactation, even if separated from infant

- **Ensure nursing staff offer all mothers further assistance with breastfeeding within three (and no more than six) hours of delivery**
- **Have mothers demonstrate to nursing staff how to correctly position and attach their babies at the breast without pain**



STEP 5: Show mothers how to breastfeed and how to maintain lactation, even if separated from infant

- **Educate breastfeeding mothers on basic BF management & practices prior to discharge**
 - Importance of exclusive breastfeeding
 - How to maintain lactation for exclusive breastfeeding for ~ 6 months
 - Criteria to assess if baby is getting enough breastmilk
 - How to express, handle, and store breastmilk including manual expression
 - How to sustain lactation if separated from infant or will not be exclusively breastfeeding after d/c



STEP 5: Show mothers how to breastfeed and how to maintain lactation, even if separated from infant

- **Ensure staff members can describe & demonstrate information and skills they provide to mothers who are breastfeeding and those who are not in assisting them with successfully feeding their babies**
- **Provide special attention and support to mothers who have never breastfed or who have previously encountered problems with breastfeeding**



STEP 5: Show mothers how to breastfeed and how to maintain lactation, even if separated from infant

- **Educate mothers on how to maintain lactation in event they are separated from their babies**
 - Show mothers how to hand express their milk using correct technique
 - Give mothers information on hand expression and/or advise where they can get help should they need it
 - Assist mothers who are separated from their babies for medical reasons to establish and maintain lactation by frequent expression of their breastmilk



STEP 5: Show mothers how to breastfeed and how to maintain lactation, even if separated from infant

- **Show mothers who have decided not to breastfeed how to safely prepare formula for feeding to their babies, and then ask mothers to prepare the feedings themselves**



Impact of “Incorrect Technique”

- ↑ **breastfeeding problems**

- Sore nipples
- Engorgement
- Low milk supply
- Insufficient weight gain
- Illness in mother or child

Righard & Aladade. *Birth*. 1992.

- ↓ **breastfeeding duration**

DiGirolamo, *et al.* *Pediatrics*. 2008.

Murray, *et al.* *Birth*. 2007.

Righard & Aladade. *Birth*. 1992.

- ↓ **breastfeeding exclusivity**

Santo, *et al.* *Birth*. 2007.

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Impact of Early Assistance

Mothers who receive early help from staff are:

- ½ as likely to stop breastfeeding before 6 weeks

DiGirolamo, *et al. Pediatrics*. 2008; 122:S43–S49.

- More likely to breastfeed through 16 weeks

Murray, *et al. Birth*. 2007.

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Impact of “Correct Technique” and Early Assistance

- **↑ weight gain**

Sakha & Behbahan. *Breastfeed Med* 2008.

- **↓ breastfeeding problems**

- **10x less likely to wean prematurely at 1 mo**

- **Increased breastfeeding rates at 1-4 mo**

Righard & Aladade. *Birth*. 1992.

Mothers who receive early help are:

- Half as likely to stop breastfeeding before 6 weeks
- More likely to breastfeed through 16 weeks

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References

- DiGirolamo, *et al.* Effect of maternity-care practices on breastfeeding. *Pediatrics*. 2008;122:S43-49.
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- Santo, *et al.* Factors associated with low incidence of exclusive breastfeeding for the first 6 months. *Birth*. 2007;34:212-219.

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