Step 5: Show Moms How to Breastfeed

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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

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**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

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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

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**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

• ↓ breastfeeding duration

• ↓ breastfeeding exclusivity

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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

• More likely to breastfeed through 16 weeks
Impact of “Correct Technique” and Early Assistance

- **↑weight gain**
  

- **↓breastfeeding problems**

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

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

Mothers who receive early help are:

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

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

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References


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• Sakha K, Behbahan AG. Training for perfect breastfeeding or metoclopramide: which one can promote lactation in nursing mothers? *Breastfeed Med.* 2008;3:120-123.