

Step 8: Breastfeeding on Cue

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



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Step 8: Objectives

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

- Describe the recommended teaching to be provided to mothers, regardless of feeding choice, in how frequently they should feed their infants
- Identify 3 appropriate techniques mothers should receive instruction on when they elect to bottle feed their infant



STEP 8: Encourage breastfeeding on cue / demand

- **Instruct and help all mothers (regardless of feeding choice):**
 - understand that no restrictions should be placed on frequency or length of feedings
 - understand that newborns will usually feed a minimum of 8 times in 24 hours
 - recognize their infant's cues that indicate when they are hungry (e.g., hand-to-mouth, licking lips, rooting)
 - recognize their infant's cues that indicate when they are done feeding
 - understand that *both* physical contact and nourishment are important to their infant's health
- **Encourage mothers to recite back at least two feeding cues that their baby might demonstrate when hungry**

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STEP 8: Encourage breastfeeding on cue / demand

- **Encourage breastfeeding mothers to feed their babies as often and for as long as they want**
- **For mothers electing to feed their babies formula, or breastmilk by bottle, provide instruction on appropriate bottle feeding techniques including:**
 - Feeding on cue
 - Maintaining eye-to-eye contact
 - Holding their baby closely
- **Ensure that staff do not place restrictions on the frequency or length of infant feedings**



Step 8: The Evidence

- **Improved/Increased:**
 - More stable neonatal blood glucose levels
 - Pass meconium earlier
 - Earlier lactogenesis / higher milk volumes
 - ↑ breastmilk intake on day 3
 - ↑ rate of weight gain
- **Decreased:**
 - Need for supplementation
 - Maximum weight loss
 - Hyperbilirubinemia
 - Pathologic breast engorgement

De Carvalho, *et al.* 1983.
Yamauchi & Yamanouchi. 1990.
Hawdon, *et al.* 1992.
Hill & Humenick. 1994.
Bystrova, *et al.* 2007.
DiGirolamo, *et al.* 2008.

Step 8: The Evidence

- **↑BF duration and exclusivity**

Bystrova, *et al.* *Int BF Journal*. 2007.

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

Koosha, *et al.* *Singapore Med J*. 2008.



References

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