Step 8: Breastfeeding on Cue

Bonny Whalen, MD
Project Leader, NH’s Ten Steps to Successful Breastfeeding
Medical Director, Newborn Nursery
Children's Hospital at Dartmouth / Dartmouth-Hitchcock Medical Center

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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

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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.
Step 8: The Evidence

• BF duration and exclusivity
References