

Virtual Baby Shower

Breast Feeding



JOHNS HOPKINS
CHILDREN'S CENTER

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Breast Feeding Is A Mother's Choice

- Every mother has the choice of breast feeding/chest feeding her baby or giving expressed breast milk.
- However, always remember there are a few circumstances that it may not be possible:
 - Medically not recommended, either baby or mother.
 - Physically mother is not able to breast feed.
 - Maternal medications.

Considered The Biological Norm

- Breast feeding, chest feeding and breast milk feedings are considered the biological norm by professional medical organizations.

Recommendations on Breast Feeding

- Academy of Breastfeeding Medicine recommends “immediate and continued skin-to-skin contact, early initiation of baby-led breastfeeding (within 1 hour of birth), exclusive breastfeeding for 6 months, and continued breastfeeding for at least 1 and up to 2 years or longer, with age-appropriate complementary feeding.”

Benefits To Breast Feeding

- The benefits to breast feeding include maternal benefits, child benefits, and societal health benefits.
- According to the Agency for Healthcare Research and Quality, if 90% of US mothers breastfed for the first six months, the amount of savings would be \$13 billion annually.

Baby Benefits: To List a Few

- Perfect food made from human cells and contains enzymes to help digest the milk.
- Contains immune factors that decrease the risk for various infections.
- Reduces the risk of developing Celiac Disease, Type I Diabetes, Childhood Leukemia.
- Reduces the risk of SIDS

Maternal Benefits

- Shorter durations of breastfeeding or expressing breast milk are associated with a higher risk of breast and ovarian cancers, type 2 diabetes, hypertension, and cardiovascular disease.

Why Do We Support Breast Feeding?

- Supporting the breastfeeding mother and her infant should have the attention of all due to substantial and longitudinal impact breast feeding has on maternal, child, and societal health.

Getting Started: Breast Feeding 101

- Skin to skin
- Infant feeding within 1 hour of birth
- Frequent feedings
- Hand expression to support mom's milk supply and baby's intake

First & Second Week

- Lots and lots of frequent breast milk “snacks”; feedings at breast and feeding hand expressed breast milk during the first week of life.
- Moving toward bigger meals with each feeding the second week of life.

Remember:

- Breast feeding, hand expression and pumping should not hurt.
- There may be a little sensitivity to your nipples and breasts may feel full, but your breasts and nipples should not feel painful or sore.

If Uncomfortable Or Painful Breastfeeding:

- Breast Feeding/Chest Feeding:
 - Check baby's latch
 - Wide open mouth with tongue down and forward – tongue protects your nipple from baby's gum
 - Deep latch - aim nipple toward the back top roof of baby's mouth
 - Release latch if: shallow or becomes shallow
 - Assess: can baby move their tongue over their gum line?

Helpful hints:





Breastfeeding Checklist

- Breastfeeding support (Lactation Consultant information)
- Hospital/Pump Rental information (if establishing with each breast at least)
- Hydrogel Pads (for soreness relief)
- Postpartum (if hospital/doctor orders, use as needed)
- Nipple Shields (if latching becomes an issue)
- The Correct Size Flange (if pumping with an electric pump)
- Absorbent Nursing Pads (if using breasts)
- Nursing and/or Pumping Bra
- Milk Storage System (Bags, Bottles, Pump Parts)
- Lubes (if lubrication is required)
- A Fun Breastfeeding Playlist

Learning To Breastfeed

The time after a baby is born is both exciting and exhausting. Although breastfeeding comes naturally to most babies, sometimes it takes a period of adjustment while you and your baby are both learning. There is no one "right" way to hold a baby during breastfeeding. Do what feels good for both of you.

Side Laying

A great position for getting rest.



Football Hold

A great position for moms who had a cesarean birth, moms with large breasts, and nursing the preemie baby.



Laid Back

Most full-term babies are born knowing how to latch in this position. Baby is turned toward mother with complete contact between mother's body and baby's chest, and belly. In the early weeks, this position may make it easier for you and your baby to get off to a good start.



Cross-Cradle Position

Similar to the cradle position with a different arm hold, this may work well for small babies or those who have trouble latching on.



Cradle Position

A great position for nursing on-the-go. You can easily use pillows to support your arm. Early cluster feeding during that.



Latching On



1 Position the nipple between baby's upper lip and nose with chin in contact with the breast. Head tilted slightly back.



2 This helps baby to open wide and bring tongue down and forward to deeply grasp the breast as much breast tissue to breast.



3 Lower jaw first makes at least 1 to 1.5 to 2 to 4 cm of space, allowing the nipple to extend into the "comfort zone" above baby's mouth.

Pumping Painful Or Uncomfortable

- Pump settings?
 - Turn suction up slowly to your maximum comfortable level, never more
- Pump flange size correct?
 - There are several sizes -nipple should not rub in the flange tunnel
- Hands-On-Pumping
 - Massage prior to and during pumping

Pumping Tips:

- Frequent pumping and draining the breasts with each pumping signals the breasts to make milk
- Ideally, pump similar to baby's feeding patterns
- A full milk supply, ~ 25 ounces or 750 ml per day takes time to build, usually 10 days to 2 weeks

Preparing To Return To Work

- You have options of when to start pumping!
 - Always make sure baby receives the milk they need
 - You can pump after baby feeds, once a day around the same time, or when you feel full after a feeding and save it in the freezer
 - Some wait until their milk supply has increased and breast feeding is going well

Preparing To Return To Work: Bottles

- Consider a slower flow nipple when feeding a bottle so baby continues to interact with the breast while breast feeding.
- Start bottles prior to going back to work, ideally as soon as breast feeding is going well.

Nutrition Take Aways

- 450 to 500 extra calories a day
- Well balanced diet
- Consider adding foods that support your supply: oats, ground flax seed, and brewer's yeast
- Stay hydrated – hydrate with every feeding or pumping
- Rest and decreasing stress supports your milk supply

Supporting You!

- The Johns Hopkins Hospital Breast Feeding Warm Line

410-502-3221

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