

# Preparing to Breastfeed Class

Breastfeeding Support Services at  
The National Maternity Hospital

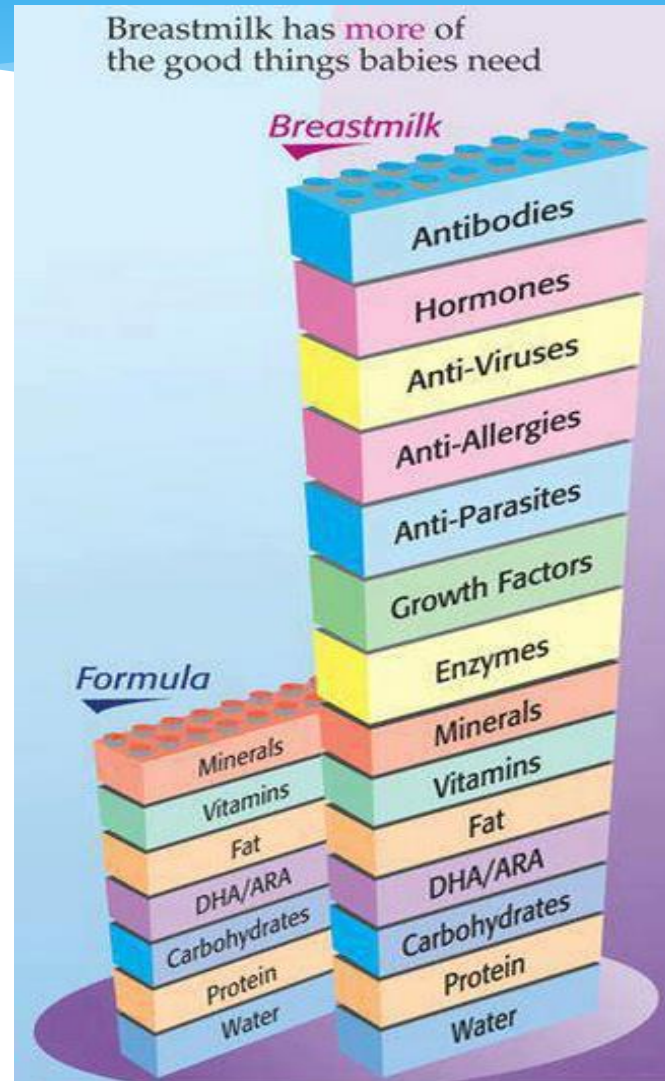
Presented by the NMH Lactation Team

# Baby Friendly Initiative

## 10 Steps to Successful Breastfeeding

- \* Step 1 -Have a Hospital breastfeeding policy routinely communicated to staff
- \* Step 2 Educate staff in skills to assist mothers in breastfeeding
- \* Step 3 – Provide antenatal education to pregnant women
- \* Step 4 - Encourage Skin to skin contact after birth
- \* Step 5 – Show mother how to breastfeed and maintain lactation
- \* Step 6 - Give newborn baby no food or drink other than breastmilk, ***unless medically indicated.***
- \* Step 7 - Rooming in
- \* Step 8 – Encourage responsive breastfeeding.
- \* Step 9 - Avoid teats and dummies
- \* Step 10 – Inform mothers of Breastfeeding support groups-hospital-PHN Clinics/Voluntary groups

# Breastmilk vs Formula



# Skin to skin



# Off to a good start

- \* Breastfeed within 1 hour of birth
- \* Offer baby your breast at least 4-6 times in the first 24 hours
- \* Colostrum – first milk provides everything a baby needs for the first few days of life
- \* Day 2 onwards - your baby should feed on average 8-12 times during a 24 period
- \* Offer both breasts at every feed
- \* Start on the breast where you finished last feed
- \* Record your baby's feeds

# Recognising when baby wants to feed

Developed by Women's and Newborn Services  
Royal Brisbane and Women's Hospital



## EARLY CUES - "I'm hungry"



- Stirring



- Mouth opening



- Turning head
- Seeking/rooting

## MID CUES - "I'm really hungry"



- Stretching



- Increasing physical movement



- Hand to mouth

## LATE CUES - "Calm me, then feed me"



- Crying



- Agitated body movements



- Colour turning red

## Time to calm crying baby

- Cuddling
- Skin to skin on chest
- Talking
- Stroking



# Skin to skin contact

- \* Keeps your baby warm
- \* Helps to regulate baby's breathing and heartbeat
- \* Helps get breastfeeding off to the best start
- \* Calms your baby
- \* Increases breastfeeding rates and duration



*sourced on internet*

# Positioning baby



*Fun, R, 2018*

- \* Hold baby close
- \* Tummy to mummy
- \* Nipple to nose
- \* Babies head and body should be in alignment





# Good Latch

- \* What is a good latch?
- \* Lips flanged outwards
- \* Full cheeks
- \* Baby takes in a good mouthful of breast

# A Good Latch



## **The "Perfect" Latch**

**Tummy to mummy,  
chin to breast,  
nose to nipple.**

**\*\*\***

**Wide mouth,  
flanged lips,  
mouthful of Breast.**

# A Good Latch



# Cross Cradle Position

- \* Mum is holding baby across the back of her neck and shoulders and supporting her head
- \* Do not hold the back of the babies head! Baby needs to be able to move off the breast if they need to



# Cross Cradle Position

- \* Hold the baby across your chest with one arm
- \* Hold the breast with the other hand
- \* Line baby up nipple to nose
- \* Allows you to bring the baby to the breast at the right moment and in the right position to get a good latch

# Cradle Hold

- \* Hold baby in the crook of your arm
- \* Head shoulders and hips in alignment
- \* Support the breast

# Cradle Hold



# Rugby Hold

## Good position for:

- \* Twins
- \* Mums with big breasts
- \* Premature baby



# Rugby Hold

- \* Baby under one arm, resting on a pillow or cushion
- \* Hold baby across the neck and shoulders and support the head
- \* Other hand supports the breast

# Rugby Hold



# Side Lying Position

- \* Mum lies on her side
- \* Place baby lying on their side, tummy to mummy
- \* Line baby up nipple to nose
- \* Allow baby to latch on
- \* Make sure baby is **not** under duvet or squashed into the pillows

# Side Lying Position



*sourced on internet*



# Laid Back Breastfeeding



# The Flipple



Nipple tilt – the flipple– allows baby to get a deeper latch which will help to prevent sore nipples



# Hand expression

- \* Clean hands
- \* Massage breast prior to hand expressing
- \* Excellent way of stimulating breasts in early days



# Hand expressing video

[www.mychild.ie](http://www.mychild.ie)

Search – breastmilk expressing.

Item 2 – How to express breast milk.

Text and video



# The Second Night

- \* Your baby may be more unsettled
- \* Your baby may want to be held close and comforted
- \* Breastfeeding on and off for a lot of the night
- \* ***This is normal!*** Baby suckling will help to bring in your full supply of milk
- \* Breastfeeding will help soothe your baby to sleep
- \* Try to rest during the day in preparation for a busy night

# When milk 'comes in'

- \* Feed on demand
- \* Demand feeding is feeding your baby whenever he wants for as long as he wants
- \* **'Cluster feeding' – Normal!** When baby feeds on and off over a few hours. Normally happens in the evening time

# Be Prepared!

- \* Nipple cream
- \* Compresses
- \* Breast shells
- \* Breast angels
- \* Nipple Shields
- \* Latch Assist



# Tender nipples

- \* Nipples may feel sensitive and tender during the early days of feeding
- \* Ask your midwife to check baby's latch and assess your nipple
- \* Apply colostrum to the nipple following a feed
- \* Moist wound healing is recommended - increases the moisture content and prevents a scab forming

# Flat or Inverted Nipples

- \* If you have flat or inverted nipples be aware that you may need to use a latch assist or nipple shield to help latch baby on
- \* Please discuss which shield may be useful for you to bring to the hospital – there are different sizes.



# Latch Aids

## Latch Assist



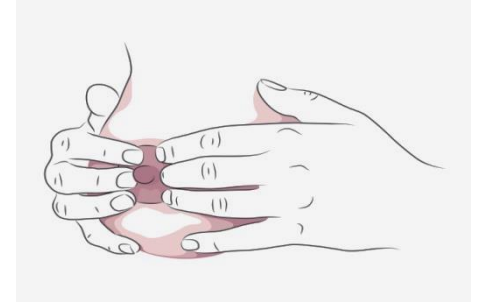
A latch assist will help shape a flat nipple



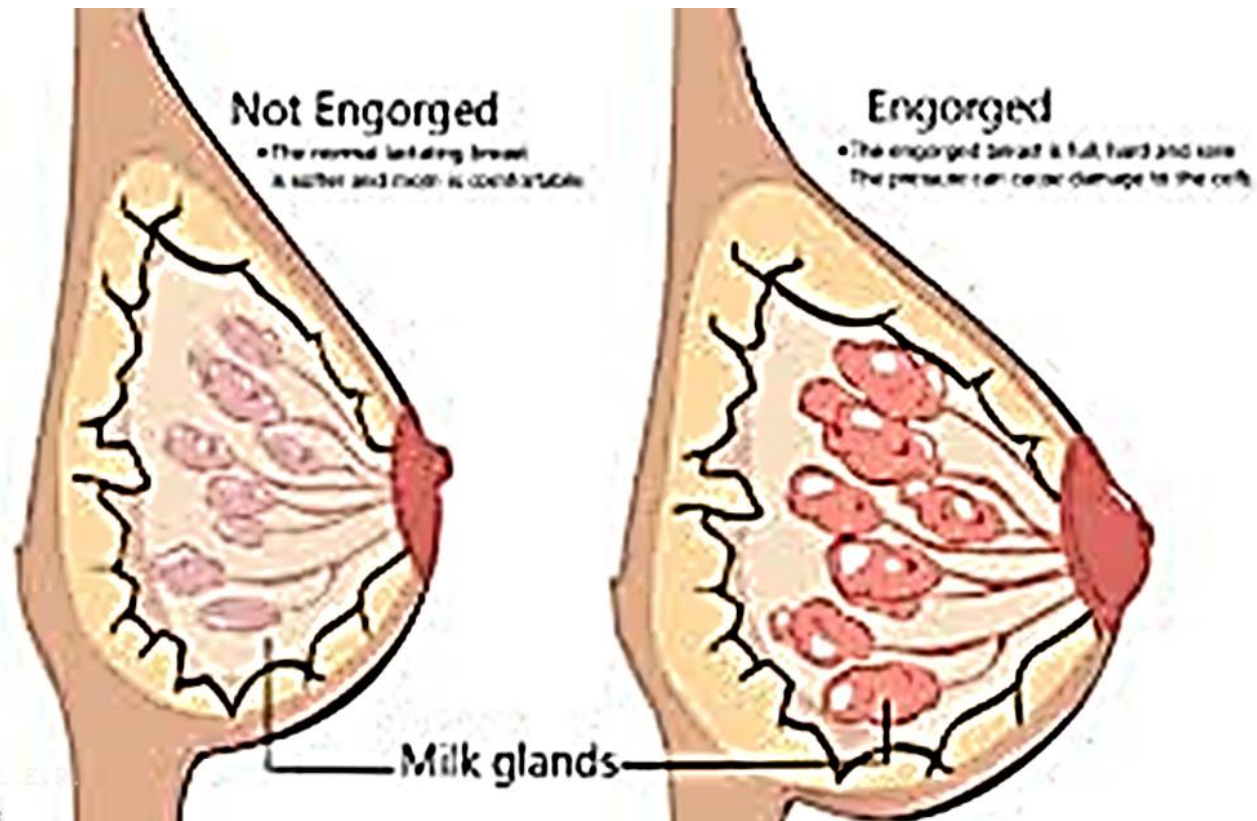
Nipple shield - should not be used until full supply of milk has come in

# Engorged breasts

- \* Offer the breasts frequently
- \* Put warm compresses on the breasts prior to feeding
- \* Massage and hand express a little milk
- \* Reverse pressure softening
- \* Cold compress after feeds
- \* Cold dark green cabbage leaves – 20mins x 3 day
- \* Should resolve within 24-48 hrs



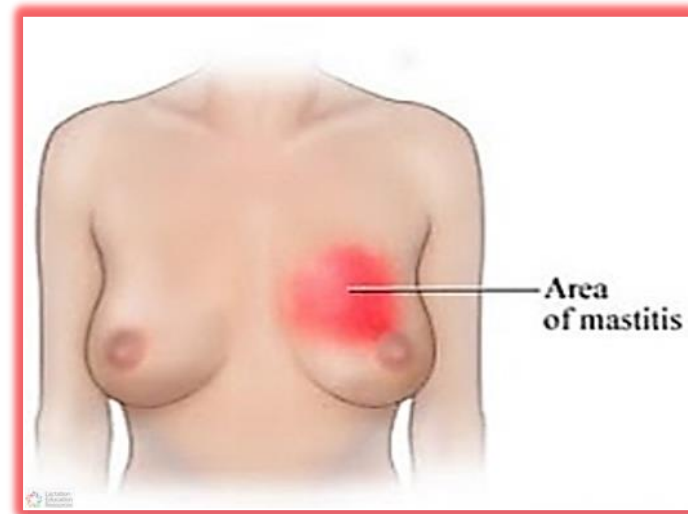
# Engorged Breasts





# Mastitis

- \* Breast inflammation that can lead to an infection
- \* Typically red, wedge shaped area on one or both breasts
- \* Flu like symptoms - shivering, fever, feeling very unwell
- \* If you develop a temperature  $> 37.5$   
See a doctor for antibiotics.



# Causes of Mastitis

- \* Cracked nipples
- \* Blocked duct
- \* Missing breastfeeds
- \* Over doing it

# What to do

- \* Good positioning and latch - ask Midwife or Public Health Nurse to check latch
- \* Nipple care - moist wound healing
- \* Blocked duct – feed baby frequently, massage duct as baby feeds
- \* Start feed on affected side
- \* Fatigue- rest when baby sleeps. Day and night
- \* Increase your fluid intake
- \* Take paracetamol
- \* Go to the GP or Casualty for review if not resolving

# What to Expect with your new baby.

- \* Babies may lose up to 7 -10% of their birth weight in the first 5 days of life – normal
- \* Should be back up to their birth weight by 2 – 3 weeks of age



# Newborn Stomach Capacity

Size of a newborn's stomach



## **Day 1**

size of a cherry  
5 - 7 ml  
1 - 1.4 teaspoon



## **Day 3**

size of a walnut  
22 - 27 ml  
0.75 - 1oz



## **Day Week**

size of an apricot  
45 - 60 ml  
1.5 - 2 oz

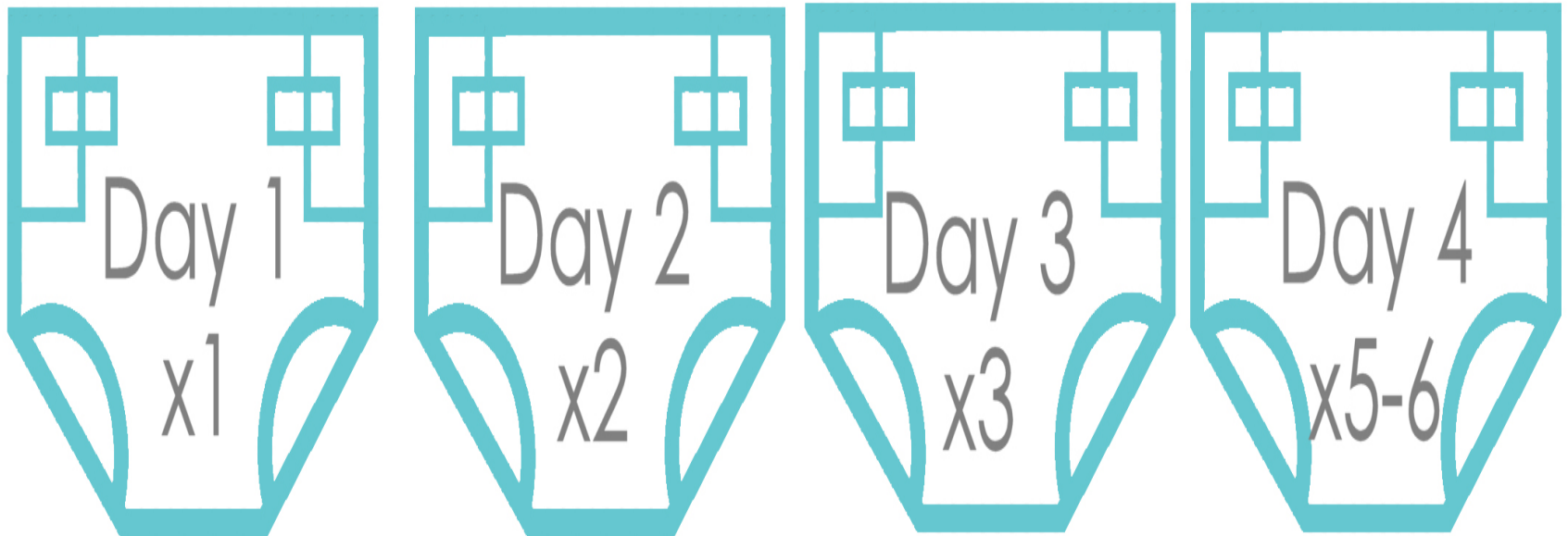


## **One Month**

size of a large egg  
80 - 150 ml  
2.5 - 5 oz

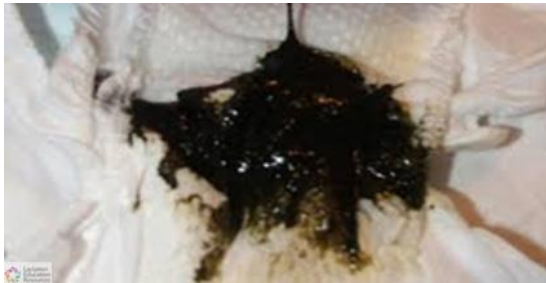
# Newborn Urine Output

Normal newborn urine pattern



# Newborn stools

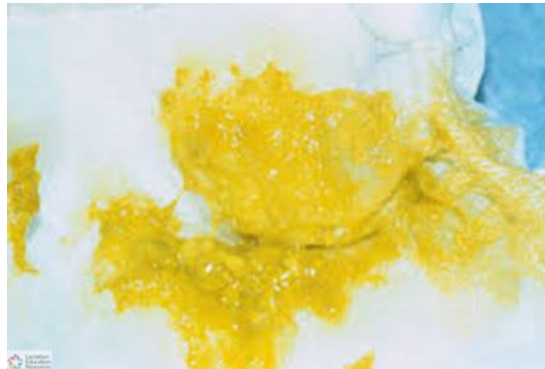
Day 1 – Day 2 meconium



Day 3



Day 4-6 onwards



# Why babies cry

- \* Hunger
- \* Wet/soiled nappy
- \* Windy pain
- \* Want a hug
- \* Overfull
- \* Overstimulation
- \* Too much handling
- \* Unwell





# Winding your baby



# Breastfeeding Support

- \* Supportive Partner / family / friends will help so much!
- \* Cuidiu
- \* Le Leche League



# NMH Breastfeeding Drop in Clinic

- \* Every Thursday 65 Mount Street, Second floor
- \* 09.30 – 12.30
- \* Group setting with 1-1 support from the lactation team
- \* Partners welcome

# Antenatal Hand Expressing of Colostrum Trial 2019

For any pregnant women with a 'normal/low risk' pregnancy

- \* May attend teaching session
- \* 3<sup>rd</sup> Tuesday of the month
- \* 17.30-18.00
- \* 65 Mount Street Lecture Theatre

# Further Information

- \* [www.mychild.ie](http://www.mychild.ie)
- \* [www.nmh.ie](http://www.nmh.ie)
- \* Dr Jack Newman website
- \* Global Health Media website
- \* Lactation Education Resources LER Parent handouts



# References

- \* Riordan J & Wambach K. (2016) *Breastfeeding and Human lactation*, 6<sup>th</sup> ed. Jones and Bartlett, Boston.
- \* Walker M. (2017) 4<sup>th</sup> Ed. *Breastfeeding Management for the Clinician. Using the Evidence*. Jones and Bartlett, Boston.
- \* Lactation Education Resources LER.
- \* Thank you to LER for their permission to use photos in this presentation