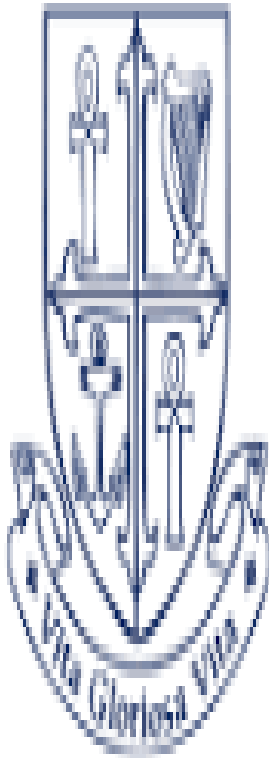


Breastfeeding- Position and Attachment

Breastfeeding Support Services at
The National Maternity Hospital
November 2018 (revised)

Developed by Denise McGuinness RGN RM BMS MSc
IBCLC RNT

www.nmh.ie



The National Maternity Hospital

Vita Gloriosa Vita ~ Life Glorious Life

The National Maternity Hospital Breastfeeding Booklet



**online at
www.nmh.ie**

Learning outcomes

By the end of this presentation you will be able to

- List a number of breastfeeding positions
- Describe correct position and attachment at the breast
- Describe skin to skin contact and laid back breastfeeding
- Recognise demand feeding and how to know your baby is feeding effectively.
- Recognise breastfeeding challenges and identify solutions
- List a number of support facilities available to breastfeeding mothers.

Ten Steps to successful breastfeeding

- Steps 1-2 .. Infant Feeding Policies, Education of staff
- Step 3... Antenatal education
- Step 4... Skin to skin contact (baby weight)
- Step 5.... Teaching a mother to breastfeed and how to maintain lactation
- Step 6... Give new born infant no food or drink other than breastmilk, unless medically indicated
- Step 7... Practice rooming in
- Step 8.... Encourage breastfeeding on demand
- Step 9... Avoiding teats and dummies
- Step 10- Breastfeeding support groups- hospital-PHN Clinics/Voluntary groups

Skin to Skin Contact



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

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



C.H.I.N.

C...Close

H...Head

I... In Line

N...Nose to
Nipple

- Getting off to the Best Start









A 3D anatomical illustration showing a close-up of an infant's mouth latched onto a breast. The infant's head is tilted back, and its mouth is wide open, covering the areola. The lips are flanged out, creating a seal. The breast is shown in a light orange color, and the infant's face is in a light red color. The background is white.

Correct Latch-on

Mouth covers
areola

Lips are
flanged out

Correct Infant Latch-on Position





The "Perfect" Latch

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

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

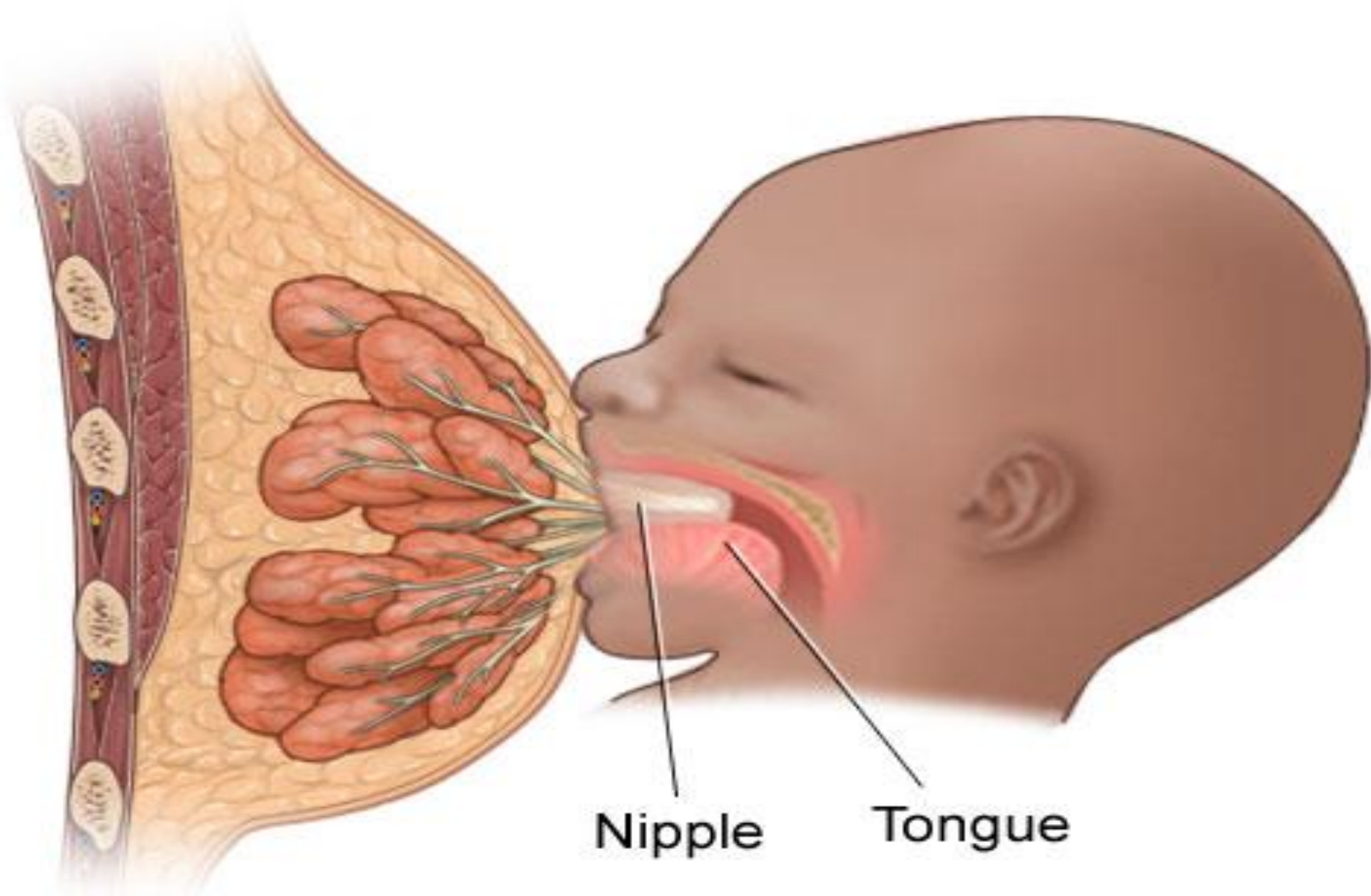
Sore nipples- Tilt nipple at latch on



Sore 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 also recommended, it increases the moisture content and prevents a scab forming

Deep Latch-on



Hand expression

- WWW.NMH.IE
- Scroll to the breastfeeding page- check out the video clip on hand expression



*Press (back towards
your chest)*



Compress



Relax

Breastfeeds/24 hour period

- 1st feed following birth- within 1 hour
- Baby feeds on average between 8-12 times during a 24 period
- *Demand feeding* is feeding your baby whenever he wants for as long as he wants
- *Offer both breasts* at every feed..... Start where you finished last
- Record your baby's feeds- Tell your midwife

The Second Night

- Your baby may be more unsettled
- Your baby may want to be held close and comforted
- Breastfeeding more often, known as, Cluster feeding..... is normal.
- Breastfeeding will help soothe your baby to sleep

Number of feeds

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 stools

Day 1 meconium



Day 3

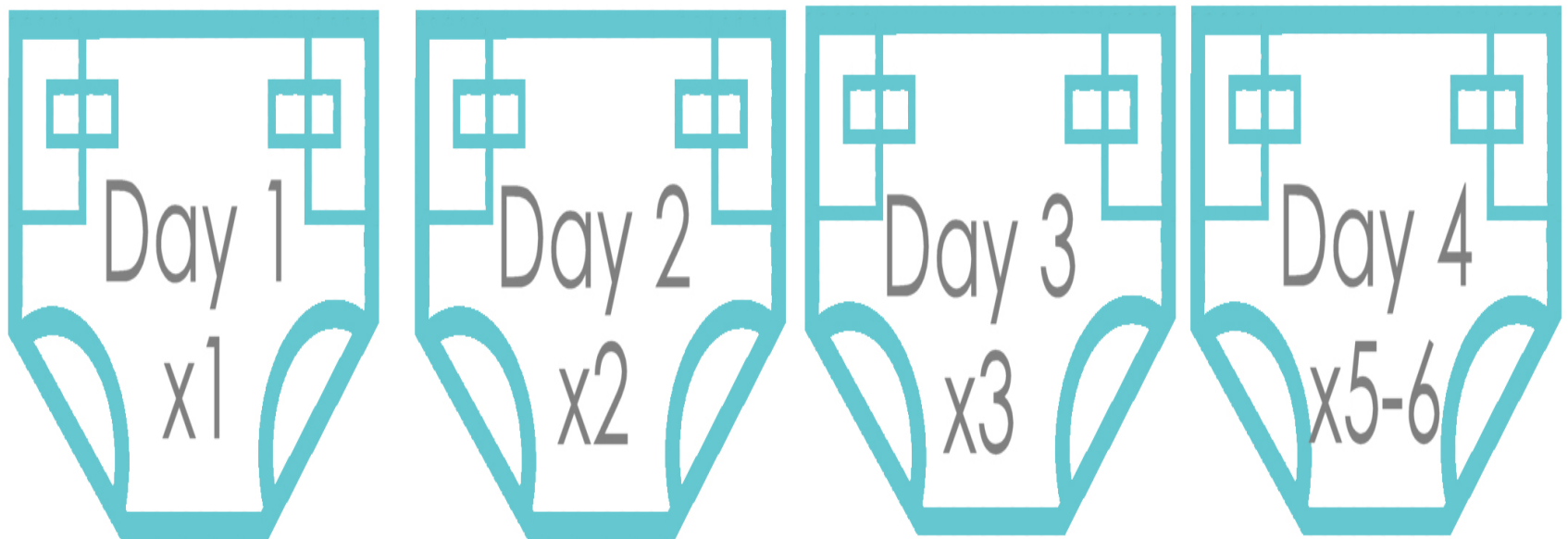


Day 4-6 Stools



Urine output

Normal newborn urine pattern

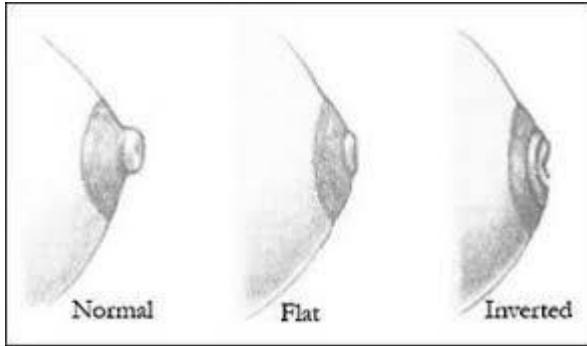


The early days

- Skin to skin contact
- One or two breasts
- Number of feeds
- Colostrum/milk
- Swallowing sounds
- Cluster feeds
- Output
- Weight loss and gain
- Milk coming in



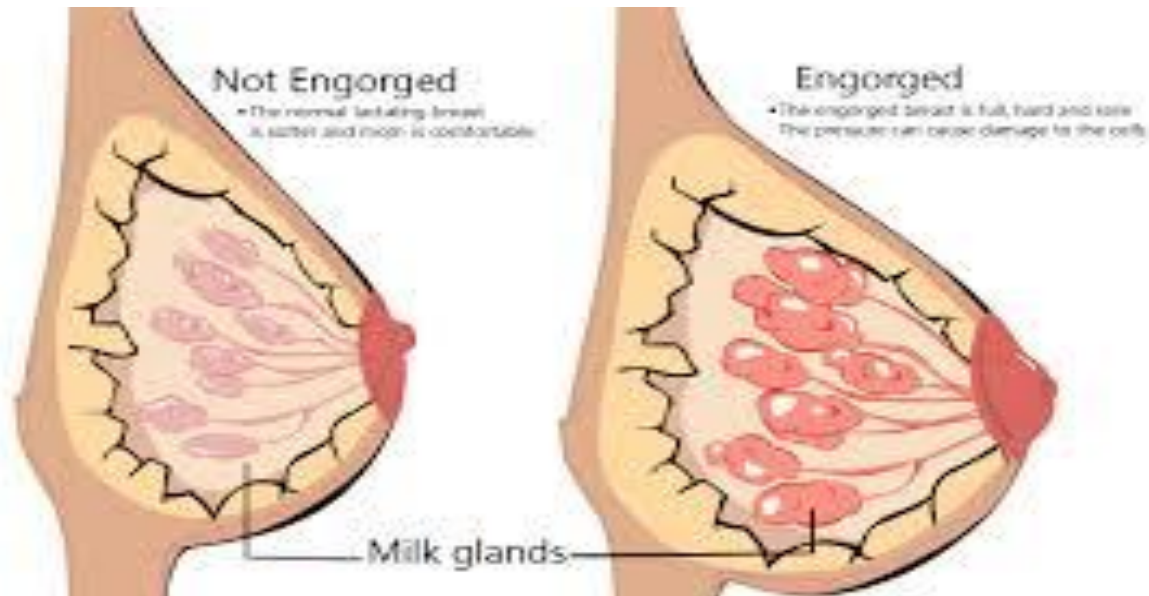
Flat or inverted nipple



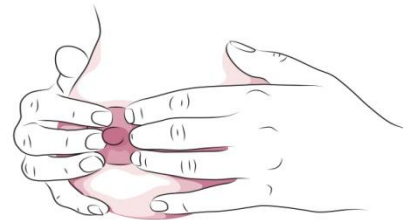
Speak to a Lactation Specialist

A latch assist will help shape a flat nipple.

Engorged breasts



- Offer the breasts more frequently
- Put warm compresses on the breasts prior to feeding
- Massage and hand express a little milk
- Reverse pressure softening- ask your midwife
- Cold compress after feeds
- You will find your breasts are more comfortable within 24-48 hrs



Blocked Duct

- Put a **warm compress** on the affected area
- **Massage** the blocked duct before and during the feed
- Feed your baby with his **chin facing the blocked duct**
- **Avoid any tight clothing** on the breasts
- **Hands off** the breast during feeding

Mastitis

Mastitis is a Breast inflammation BUT It can lead to an Infection.

Causes and what to do

Cracked nipples-use moist wound healing

Poor latch- Ask your midwife/PHN to check baby's latch

Blocked duct- feed baby more often

Fatigue- rest when baby sleeps

..... Increase your fluid intake. Take panadol (if no allergies)

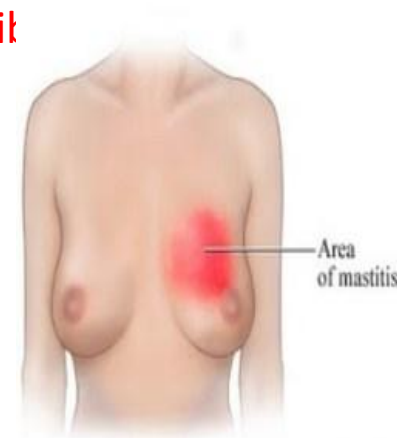


Symptoms

Typically wedge shaped, red and inflamed area on one or both breasts, shivering, fever, feeling very unwell.

Seek help! If your symptoms are not settling- you may need anti

Contact your healthcare provider, i.e. GP, PHN, Lactation Team, Hospital



Why babies cry

- Hunger..... Is your baby feeding effectively?
- Is the nappy wet or soiled/dirty
- Pain.... Winding required
- Comfort- hold your baby close
- Overstimulation.... Bright lights
- Too much handling.... visitors
- Ill/unwell



Winding a new born baby



Breastfeeding Support Groups



Breastfeeding Support Groups

- Local Public Health Nurse
- Cuidiu
- La Leche League
- Friends of Breastfeeding

More Information available at

www.breastfeeding.ie

The National Maternity Hospital

Breastfeeding Clinic

- **Every Thursday**
- **0930 – 1300----- Come in Early**
- **1-1 support from the Lactation Specialist**

Further Information

www.breastfeeding.ie

**Check out our hospital website-
breastfeeding page!**

www.nmh.ie

ASK YOUR MIDWIFE



References

- Pollard M. (2012) *Evidence Based Care for Breastfeeding Mothers. A resource for midwives and allied health care professionals*. Routledge, London.
- Riordan J & Wambach K. (2010) *Breastfeeding and Human lactation*, 4th edn. Jones and Bartlett, Boston.
- Walker M. (2018) *Breastfeeding Management for the Clinician. Using the Evidence*. 2nd edition. Jones and Bartlett, Boston.