Calvary

Hospitality
Healing
Stewardship
Respect

Breastfeeding Workshop

Topics

- Why breastfeed?
- Normal behaviour of breastfeeding babies
- How to encourage babies to attach well to the breast
- How to make enough milk
- How to know if your baby is getting enough
- The role of your partner
- Where to go for help and support with breastfeeding, including links for further information

Why breastfeed?

- Benefits for baby
  - Antibodies for building immunity
  - Nutrients for brain, and other organ development
  - Reduced likelihood of gastrointestinal, respiratory, and ear infections
  - Reduced risk of chronic health conditions e.g. Type 1 diabetes, obesity, coeliac and IBS
  - Breastmilk is easy for babies to digest
  - Reduced risk of SIDS
  - Regular skin to skin contact with breastfeeding mother helps brain, and social development
  - Assists with jaw and speech development

  …..To name a few!

Why breastfeed?

- Benefits for mother
  - Reduced risk of developing breast, and ovarian cancer, as well as osteoperosis
  - Reduced risk of Type 2 diabetes (particularly for women with a history of gestational diabetes)
  - Assists with postnatal weight loss
  - Bonding time for mother and baby
  - Convenient, natural

- Benefits for family and community
  - Financial savings (on consumables)
  - Environmentally sustainable
  - Reduced cost to community of chronic health conditions

The following link provides a helpful overview of breastfeeding
http://raisingchildren.net.au/articles/breastfeeding_overview_video.html

Recommendations for breastfeeding duration

- In Australia, infant feeding guidelines recommend exclusive breastfeeding for 4 – 6 months of age.

- Appropriate solid foods can be introduced around this time, with complementary breastfeeding continuing for as long as mother and baby desire.

The following links provide further information about infant feeding recommendations:
https://www.nhmrc.gov.au/about-us/publications/infant-feeding-guidelines-information-health-workers
https://www.who.int/health-topics/breastfeeding#tab=tab_2

The First Feed

After your baby is born your midwife will facilitate skin to skin contact for you and your baby (this means your baby will be placed on your chest). This initial contact helps baby to maintain their body temperature, regulate their breathing and heart rate, develop immunity, and initiate their first breastfeed. It also helps continue the flow of oxytocin to help with milk letdown while your baby feeds.

It's good to maintain uninterrupted skin-to-skin contact between mother and baby for at least the first 1-2 hours after birth, to give baby time to adjust, and breastfeed. While breastfeeding is natural and instinctive, it also involves learning for both mother and baby.

The First Feed

- If, for medical reasons, you and your baby are temporarily separated following the birth, your midwife will facilitate skin-to-skin contact between your baby and your partner. Once you and your baby are well enough, you will be supported to initiate skin-to-skin contact and to breastfeed.

- If your baby is born by caesarean section, your midwife may facilitate skin-to-skin contact in theatre. Often the first breastfeed will then follow once you are in recovery, about 20-30 minutes later. Again, your midwife will assist with this.

- The following link may help you visualise the role of skin-to-skin contact in facilitating the first feed: https://www.youtube.com/watch?v=FT1yjsgIY7U

- **Antenatal expressing from 37 weeks pregnancy**. Talk with a midwife in antenatal clinic. There are benefits for babies of mothers with gestational diabetes, and in case of separation/Special Care Nursery admission. Here is a link to further information and demonstration of technique: https://www.breastfeeding.asn.au/bfinfo/hand-expressing

Normal behaviour of breastfed babies

- Following their first breastfeed, it is normal for babies to have a long recovery sleep within the first 24 hours of birth.

- Newborn babies will usually feed 8-12 times in 24 hours, with periods of sleep in between.

- During your postnatal stay, your baby will remain in the same room as you, unless they have been admitted to the Special Care Nursery. This helps you to become familiar with your baby's **hunger cues**, and respond to your baby's need to feed. This, in turn, helps to establish your milk supply.

- Newborn babies cry often, mostly because they are hungry and want to be at the breast. Crying is usually the last sign that your baby is hungry. They will often give you cues well before this that they want to feed.

- The following link may help you understand what baby hunger cues look like so that you are prepared for how to recognise them in your own baby: https://www.youtube.com/watch?v=JAXmfQ0Pdik

Calvary

Hospitality
Healing
Stewardship
Respect

Breastfeeding positions …

What is the ‘right’ position for breastfeeding?

- There is no one ‘right’ way to position your baby for breastfeeding; feed in any position you and your baby find comfortable.
- Easier to position and attach baby when you are both calm and relaxed … this is why it’s good to be aware of early hunger cues.
- Positioning a baby comfortably will help you both to be more relaxed during the breastfeed, which helps with milk flow, and prevents damaged nipples.
- Position your baby with her nose opposite your nipple. We look at why this is important in the following slides on attachment.

The following link provides details of the most common breastfeeding positions: https://www.youtube.com/watch?v=qd9Ck_V8hno

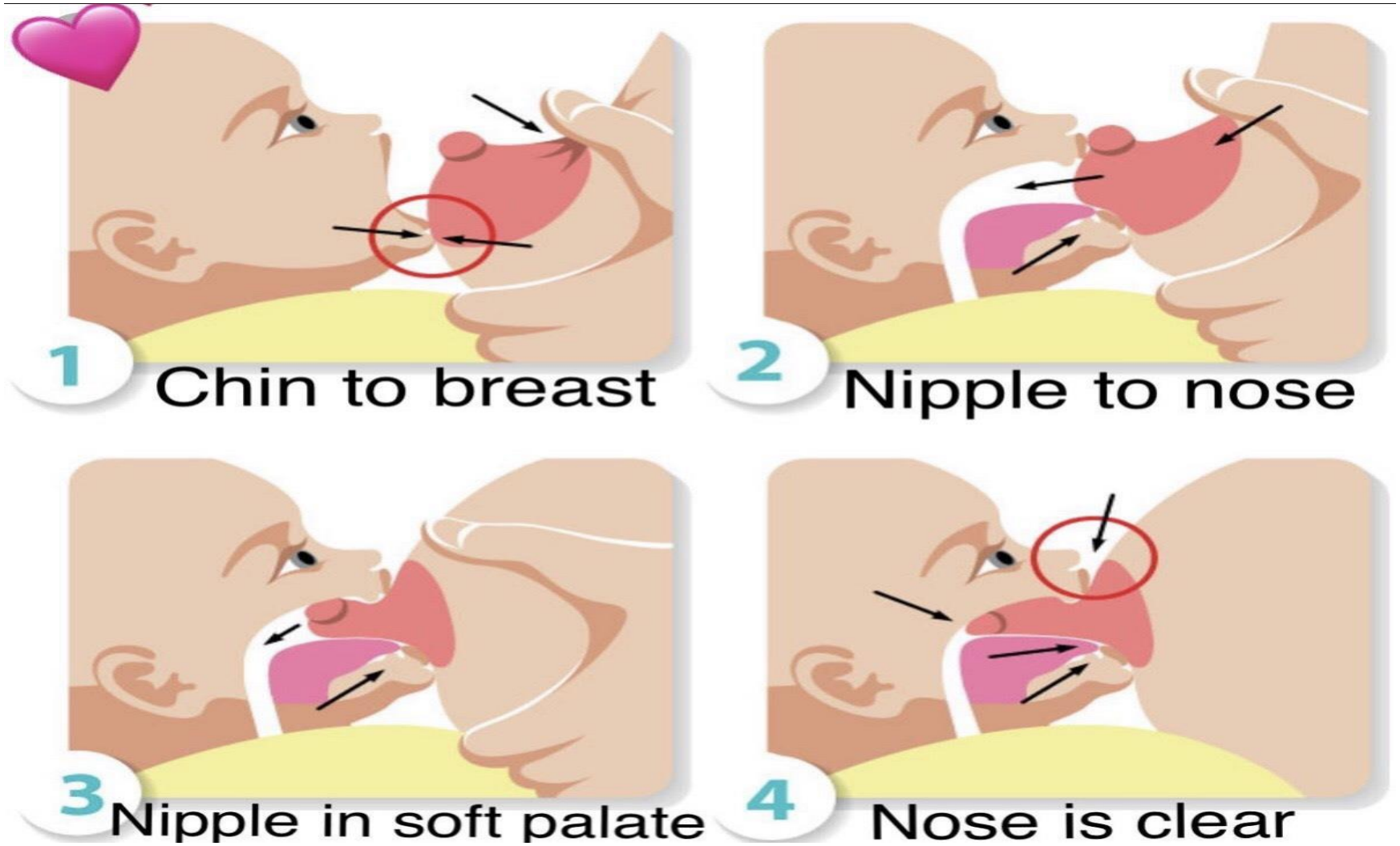
Attaching your baby

When baby latches comfortably there should be no discomfort for mum.

Steps to comfortable attachment:

- Chest to chest
- Chin to breast
- Nipple to nose
- Baby's head and neck aligned
- Wide open mouth
- Baby to breast (not breast to baby)

Follow this link to help you visualise how to attach baby to the breast: https://raisingchildren.net.au/newborns/videos/good-attachment


1
Chin to breast
2
Nipple to nose
3
Nipple in soft palate
4
Nose is clear

Babies can attach themselves, too…

Baby-led attachment is a natural way for baby to initiate and continue breastfeeding, particularly when there are challenges or complexities arise.

Here are some resources to help your learning about baby-led attachment:
https://www.breastfeeding.asn.au/bfinfo/attachment-breast

https://raisingchildren.net.au/newborns/videos/baby-led-attachment

Establishing and maintaining your milk supply …

- Breastfeeding takes **4-6 weeks to establish**
- First 2-3 days colostrum (first milk) – high in immunity, fat and sugars.
- Day 3-4 mature milk 'comes in'. Normal for breasts to feel engorged, tender. Manage with warmth, massage and demand feeding.
- Breastfeeding according to baby's need will establish a milk supply to meet your baby's feeding demands.
- Some women may need to express instead of, or in addition to, breastfeeding. Regular milk expression will play the same role in establishing milk supply.
- It is normal for newborn babies to breastfeed more regularly during the night and sleep for longer periods during the day.
- We advise against the use of dummies in the first 6 weeks as this can cause problems with milk supply.

Knowing your baby is getting enough …

- At birth, baby's stomach is the size of a small marble and can hold only 1 teaspoon (5ml) of fluid. Colostrum is sufficient food in the first 2-3 days.
- Over subsequent days your baby's stomach capacity will stretch to accommodate increasing volumes of milk.
- Normal nappies:
  - Day 1 expect at least 1 wet + 1 meconium nappy
  - Day 2 expect at least 2 wet + 2 meconium nappies
  - Day 3 expect at least 3 of each with bowel motion becoming lighter in colour as mature milk comes
  - … and so on until around Day 7 when number of wet + dirty nappies equals around 6-8 in 24 hours. It's normal to have days when output is increased and others when it decreases slightly.
- If your baby is having enough wet and dirty nappies you can feel confident they are getting enough milk!
- Weight loss – it's normal for babies to lose up to 10% in the first 5 days after birth. More than 10% indicates a need for extra feeding support.

More information on milk supply

https://raisingchildren.net.au/newborns/breastfeeding-bottle-feeding/breastfeeding-challenges/increase-supply

Calvary

Hospitality
Healing
Stewardship
Respect

How can I support my breastfeeding partner?

Research shows that a supportive partner is important for determining breastfeeding success.

The following links may help your partner understand how they can best support you and your baby to breastfeed:

https://www.breastfeeding.asn.au/bf-info/general-breastfeeding-information/especially-partners

https://www.bellybelly.com.au/breastfeeding/ways-partners-can-provide-breastfeeding-support/

https://raisingchildren.net.au/grown-ups/fathers/getting-involved/dads-help-with-babies

What if you have problems breastfeeding?

Common problems during the first 6 weeks include:

Nipple damage (cracks, grazes, blisters)
https://www.health.act.gov.au/sites/default/files/2018-10/ACT_H_Cracked_Nipples_FactSheet_2018-v1.pdf
Low milk supply
https://www.health.act.gov.au/sites/default/files/2018-10/ACT_H_Milk%20Supply_FactSheets_2018-v1.pdf
Blocked ducts
https://www.breastfeeding.asn.au/bf-info/common-concerns%E2%80%93mum/blocked-ducts
Mastitis
https://www.health.act.gov.au/sites/default/files/2018-10/ACT_H_Mastitis_FactsSheet_2018-v1.pdf

What if you have problems breastfeeding?

Most problems can be overcome with specialist support. During your postnatal stay, you will be supported by our postnatal midwives, and then Midcall service for the first 5 – 7 days at home.

After discharge from Calvary services you can access community support through:

- **Maternal and Child Health nurse clinics**
- **ABA helpline 1800 686 268 (24/7)**
- **Peer-support groups**: ABA, MACH 'New Parent', and 'Early Days' groups
- **Your GP**
- **Private Lactation Consultant**

Common questions about what's safe during breastfeeding …

- Can I drink alcohol?
- Can I have caffeinated tea and coffee?
- Can I take cold/flu, or other medication?

Follow this link for answers to these, and other questions: https://www.breastfeeding.asn.au/bf-info/safe-when-breastfeeding

Resources to help you continue your learning

Australian Breastfeeding Association
https://www.breastfeeding.asn.au/

Breastfeeding in the ACT - eResources
https://www.health.act.gov.au/services-and-programs/women-youth-and-children/pregnancy-and-birth/breastfeeding

Raising Children Network
http://raisingchildren.net.au/nutrition/newborns_nutrition.html

Tresillian Family Care Centres
https://www.youtube.com/watch?v=hcoEqn8SqD0

Pregnancy, Birth, Baby
http://www.pregnancybirthbaby.org.au/breastfeeding-you-and-your-baby

* Multilingual resources available from the ABA, and Breastfeeding in the ACT websites

Calvary

Hospitality
Healing
Stewardship
Respect

Calvary wishes you all the best for your breastfeeding journey