

Key Shared Prenatal Teaching Concepts (1-28-2014)

Benefits of Breastfeeding

- Human milk is real food designed for human babies.
- The breastfeeding process promotes socialization.
- Refer to 2007 meta analysis data for health impact.

Why Exclusive for ~6 Month?

- Avoidance of foreign proteins.
- Developmental readiness signs for solids.

Importance of Skin to Skin Contact in First Hour

- Helps a baby learn to breastfeed in the first hour, or at any time.
- May look different or be delayed if pain medications were used.

Importance of Rooming-In and Support from Family, LCs, Nurses

Effective Latching

- Should not hurt.
- Return to skin to skin at any time to promote latch.
- No pacifiers in hospital and until breastfeeding well established – feed baby instead.

Frequency of Feedings/Output/Weight Gain

- Birth to Day 4 (Birth – 96 hours)
 - Frequency of Feedings: Offer breast 8-12 times in 24 hours if baby does not ask; baby may be sleepy after first feeding and feedings may be inconsistent first 24 hours; feedings may increase from 24-48 hours (commonly known as cluster feedings).
 - Outputs: Day One – 1 wet and 1 stool in 24 hours; Day Two – 2 wets and 2 stools per 24 hours; Day 3 – 3 wets and 3 stools per 24 hours; Day 4 – 6 wets and 4 stools per 24 hours.
 - Weight Loss: Acceptable loss is up to 10%.
- Day 4 (97 - 120 hours) +
 - Frequency of Feedings: Baby is now asking for feeds 8-12 times in 24 hours and content between feeds.
 - Outputs: Minimum of 6 wets and 4 stools in 24 hours.
 - Weight Gain: around an ounce per day and return to birth weight by 14 days of age.

Culture of Breastfeeding

- Fair Labor Standards Act and work place support
- Protection for breastfeeding in public

Support in Community once Home from Hospital

- Hospital will help you determine if mom and baby need to be seen within 24-48 hours post discharge by a health care provider or breastfeeding specialist.
- All babies should have a weight check within 72 hours post discharge from hospital.
- Resources in community: MD offices, La Leche League, MilkWorks, WIC – Health Department and Family Service.