

Proper Breastfeeding Technique and Education for the mother

Visual aids: Bringing Addy's doll and swaddler

Someone bring a visual aid showing each breastfeeding position???

Patient Centered

The presentation must be no more than 10 min

Nutrition to maintain mother and newborns health:

- Transition of milk- colostrum, transitional, and mature milk
- Vitamins to aid in supply-
 - Fenugreek, Alfalfa, Fennel, Lactation Tea, Reglan
- Food-
 - Increase supply:
 - Oats, whole grains, fennel seeds, papaya
 - The American Academy of Pediatrics recommends that clients who are lactating add an additional 450 to 500 calories/day to their pre pregnancy diet.
 - Decrease supply:
 - Alcohol, peppermint, menthol, sage, parsley
- What not to do while breastfeeding-
 - Smoking (causes increased risk for SIDS)
 - Do not take oral contraceptives until milk production is well established. (usually six weeks)

Teaching Principles:

- Emphasize the importance of hand hygiene prior to breastfeeding to prevent infection
- Grab breast with thumb above areola and with your fingers below
- Rub the nipple against your newborns lips or side of mouth to stimulate them
- Rooting reflex: when stimulation is provided to the cheek or lips the newborn turns towards the stimulus
- The newborn should have the nipple and part of the areola in their mouth to help with let down and provide proper suction
- The newborn will show proper latch by the above and with a wide-open mouth, lips rolled outward, tongue over lower gum, ability to see jaw movement, rhythmic swallowing
- Maintaining a good latch is the essential in the first step of breastfeeding
- Suckling reflex: roof of newborns mouth is touched and they begin to "suck"

- Ensure nursing is done every 2-3 hours for 10-20 min or on demand on each breast
- Newborn will typically show signs of being hungry by crying, placing fingers in mouth, fist in mouth, rooting around trying to find the source and also sucking the air
- Hold the newborn closely, facing the breast: newborns ear, shoulder, and hip in direct alignment
- When breastfeeding is done technique for a painless release is to stick a finger in mouth to break the suction
- Burp to ease discomfort and fussiness

Family roles for newborns developmental needs:

- Mother's role-
 - Burping (air is sucked in to cause fussiness/discomfort- held upright with head on parents shoulders while supporting head and neck)
 - Calming environment
- Father's role-
 - Promote calming/relaxing environment
 - Provide emotional support
 - Burp, swaddle, change diapers, learn baby's hunger cues
- Other family members that may be involved (siblings/babysitters)-
 - Promote calming/relaxing environment
 - Provide emotional support
 - Burp, swaddle, change diapers, learn baby's hunger cues
 - Provide support for mother and baby

Teaching for mom:

- Types of holds and benefits-
 - Football
 - Cradle
 - Across-the-lap
 - Side-lying
- Resources in case client runs into any issues-
 - Lactation consultant
 - Breastfeeding support groups

Football



Cradle



Side-Lying



Across the lap ↴

