

Congratulations On Your Decision To Breastfeed!

In deciding to breastfeed your baby, you have made a very important choice for your baby's health as well as your own—and NCH Breastfeeding Support Services will help you every step of the way: before birth, during your stay at the hospital and after discharge. In order to support that decision and help you to be successful in reaching your breastfeeding goals, we follow the American Academy of Pediatrics' recommendation of exclusive breastfeeding and delaying introduction of pacifiers or bottles until breastfeeding is well established (approximately 3-4 weeks).

At birth an infant's tummy is small and sterile. Colostrum, the first milk a baby receives, meets all the baby's nutritional needs, protects it from infection, and is the perfect amount for his/her small stomach. In the first 24 hours after birth a newborn's tummy is only meant to hold 5-15cc (or at most ½ ounce) per feeding. Colostrum production is about 1-4oz total during that time which is all a full-term healthy infant needs. Baby will do very well while waiting for the mother's mature milk to come in (typically 3-5 days postpartum). Supplemental feeds are not necessary unless ordered by the pediatrician.

By keeping your infant with you, you will become attuned to baby's feeding cues and able to respond as needed. In the first 24 hours, baby can be difficult to wake for feedings as the recover from the delivery. They may also "cluster feed" (especially at night) wanting to be close to mom not only for food but for security. Frequent skin to skin contact can both encourage the reflexes of feedings and offer the security baby needs to transition to life outside the womb.

Sometimes your pediatrician may recommend supplemental feedings while you are in the hospital. As an option, NCH has partnered with Mother's Milk Bank of the Western Great Lakes to provide families with pasteurized human donor milk free of charge for these instances.

Our Lactation team is honored to help you on your breastfeeding journey. We offer counseling to help you meet your goals and look forward to meeting you and your little one(s). For more information, call NCH Lactation Department at 847.618.8545.

NCH Breastfeeding Policy

Policy Statements

The NCH breastfeeding policy will be communicated to all health care staff. They will be reviewed and updated as needed using current evidence based guidelines.

A multidisciplinary group of staff, which may include nursing staff, lactation consultants, nutritionists, physicians, educators, or other specialties, will be established to identify and eliminate barriers to breastfeeding.

Education and support of breastfeeding will be available to all pregnant patients, prenatally, during hospital stay, and post discharge. Information will include benefits of breastfeeding, contraindications to breastfeeding, and risk of formula feeding.

Staff will actively support all patients that have indicated their choice to breastfeed and document this choice on both the mother and baby's medical record.

When both mother and baby are stable, breastfeeding will be initiated immediately after birth or within the first hour. Routine procedures should be performed after the first latch on or while infant is on the mother's chest. C/S birthed babies will be encouraged to breastfeed as soon as possible.

Breastfeeding assessment, teaching, and documentation will be done at least once each shift for a minimum of 5 minutes, observing for good alignment, proper latch, and swallowing. Other documented feedings can be reported by mother.

Rubber nipples will not be routinely used with breastfeeding infants.

Newborn infants will receive no food or drink other than breastmilk, unless medically indicated.

Mothers who are separated from their infants will be instructed on the following:

- How to express milk from the breast
- Frequency of expression, length of time, and expectations of output
- Skilled hand expression or proper use of adequate electric pump
- Encouraged to breastfeed when infant's condition permits
- Proper storage and labeling of expressed milk

This policy is written using the following guidelines:

American Academy of Pediatrics

The Academy of Breastfeeding Medicine

World Health Organization

American Dietetic Association

American College of Obstetrics and
Gynecology

UNICEF/WHO code: "Ten Steps to
Successful Breastfeeding"

American Academy of Family Physicians

AWHONN

Breastfeeding Basics

Hand expression of milk

- Place the thumb and first two fingers 1 to 1.5 inches behind the nipple tissue.
- The thumb on top, fingers below the nipple, forming the letter C.
- Push straight into the chest wall.
- While fingers are pushed down, gently roll forward.
- The gentle rolling will express milk without damaging sensitive tissue.
- Releasing the fingers and rolling across the skin will not express any milk and may irritate mom's breast.
- Placing fingers too close to the nipple is also less effective and may cause discomfort.

<https://youtube.com/watch?v=bFIQCkg9Zgc>

Ask your nurse or an NCH Lactation Consultant if you are having difficulty with this process.

Latching Your Baby

<https://youtube.com/watch?v=-dBWF9rQz1k>

To encourage your baby to continue to suckle, try breast compression.

Breast Compression

- As the baby starts to suck, if no milk is swallowed, start compressions.
- Support the breast slightly further back than when hand expressing.
- Press fingers straight into the breast but not so hard it hurts.
- Hold the compression until the baby stops nutritively sucking (swallowing), then release the pressure.
- If the baby does not start nutritive sucking spontaneously, repeat the compression.
- Continue this until baby does not swallow even with compressions.
- Offer the second breast if baby still seems interested.

Burping Baby

Try burping your baby after feeding from each breast. Breastfed babies do not swallow as much air as when bottle-feeding. Generally, just putting a baby over your shoulder after a feeding will initiate a burp if needed. Babies can be burped by putting them over your shoulder, sitting them in your lap, or placing them on their tummy across your lap and gently patting their back. If no burp is produced in 3-5 minutes, it is not necessary to continue burping.

<https://youtube.com/watch?v=vkwLwqWOR7Y>

Breastfeeding Multiples

<https://youtube.com/watch?v=F7Mz6K21FAA>

BreastFeeding Resource List

NCH Baby app YoMingo- Free for NCH patients, this app has information on mom and baby including tools for tracking infant's growth, breastfeeding and immunization.

WEB SITES

<http://med.stanford.edu/newborns> - click on the breastfeeding link to view videos by Jane Morton, MD, on hand expression of breast milk and maximizing milk production.

<http://kellymom.com> - This website has reliable information on just about any question you may have about breastfeeding.

www.lli.org – this website by La Leche League International provides answers to breastfeeding and parenting questions.

www.youtube.com – before introducing a bottle, go to you tube and search for “paced bottle feeding” to learn to properly bottle feed your baby in a manner that allows baby to control the flow.

www.workandpump.com – this site has valuable information for the mother who is returning to work and still wishes to provide breast milk for her baby

<http://www.infantrisk.com>– the world's leading research center for information regarding medication safety while pregnant and breastfeeding

SUPPORT GROUPS

NCH BABY CAFÉ – This is a free breastfeeding support group that meets every Wednesday from 1-2:30pm. Meetings take place in person at NCH. Feel free to join the Facebook page to connect with other parents in the community. Not on Facebook? Meeting registration can also be done by calling (847)-618-8545.

<https://breastfeedingusa.org> and <http://www.lli.org/web/illinois.html> check these websites for other breastfeeding support groups in your area

You Are Invited To Attend BABY CAFÉ

This is a weekly breastfeeding support group for moms and babies from birth to about six months of age, or crawling.

Join us for this free mother-to-mother support and sharing group. Guided by experienced lactation consultants, the group offers a weekly discussion, a scale to weigh babies and resources for moms.

We meet on Wednesdays from 1 to 2:30 p.m.

Located in the Women's and Children's Services classroom on the fourth floor of the hospital.

Please register to attend at (847) 618-8545 or on our Facebook page "NCH BABY CAFÉ"

