

Ottawa | Public Health  
Santé publique

# Breastfeeding

## *St-Mary's Outreach Centre*

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## Objectives

- Improve your knowledge about breastfeeding
- Increase your confidence about supporting breast feeding mother
- Increase your knowledge regarding community resources related to breastfeeding

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## Breastfeeding

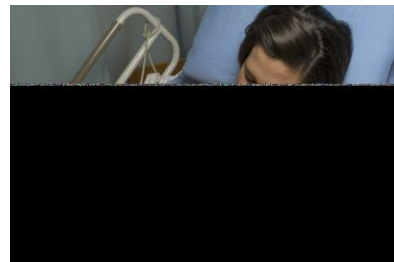
Is the best food for babies.

Is a unique experience with each baby and it takes time to get it right.



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## Why do families choose to breastfeed?



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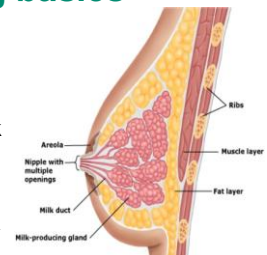
## Why some mothers stop breastfeeding

- Sore nipples, engorgement and pain
- Perceived low milk supply
- Mother's preference-readiness to stop
- Child self weaning
- Mother planned to wean
- Baby self-weaned (preferred bottles, lost interest in breast milk, etc)
- Believed that formula equally healthy for baby
- Embarrassed/self-conscious to breastfeed
- Believed baby wasn't getting enough milk
- Advice of health professional
- Lack of information
- Lack of help/instruction on how to breastfeed/provide breast milk
- Advice from spouse/partner, family members or friends
- Medical issues - physical
- Mental health issues (PPMD, depression, anxiety)
- Latching, cracked nipples, engorgement, infection (mastitis, etc.)
- Breast refusal
- Fussiness, crying or colic
- Fatigue, exhaustion
- Weight concerns (weight loss, slow weight gain)
- Milk supply concerns (not enough, decreased supply)
- Baby was ready for solid foods
- Return to work/school
- Lack of time to breastfeed or pump
- Wanted to include other family members in feeding
- Etc

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## Breastfeeding basics

- Hormone changes cause alveoli to make milk
- As baby feeds, more milk is produced
- Colostrum is the first milk produced



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## Breast milk

- Colostrum
- Transitional Milk
- Mature Milk



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## Positions for breastfeeding



Laid-back



Lying down



Football







Cross-cradle



Cradle

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## Is the baby getting enough?

GUIDELINES FOR NURSING MOTHERS									
Your Baby's Age	1 DAY	2 WEEKS	3 WEEKS	4 WEEKS	5 WEEKS	6 WEEKS	7 WEEKS	8 WEEKS	9 WEEKS
How Often Should You Breastfeed?	At least 8 feeds per day (every 2 to 3 hours). Your baby is sucking strongly, slowly, steadily and swallowing often.								
Your Baby's Tummy Size									
Wet Diapers: How Many, How Wet? (The baby, on average, over 24 hours)	At least 1 WET	At least 2 WET	At least 3 WET	At least 4 WET	At least 5 HEAVY WET (WET WITH PALE YELLOW OR CLEAR URINE)				
Satiable Diapers: Number and Color of Stools (The baby, on average, over 24 hours)	At least 1 to 2 BLACK OR DARK GREEN	At least 3 BROWN, GREEN, OR YELLOW		At least 4 large, soft and creamy stools					
Your Baby's Weight	Babies lose an average of 7% of their birth weight in the first 5 days after birth.				From Day 5 onward your baby should gain 20 to 30 g per day (1/2 to 1 1/2 oz) and regain his or her birth weight by 10 to 14 days.				
Other Signs	Your baby should have a strong cry, move actively and wake easily. Your breasts feel softer and less full after breastfeeding.								
Brest milk is all the feed a baby needs for the first six weeks. At the months of age begin introducing solid food. Always continue to breastfeed until age two or older. (WHO, UNICEF, Canadian Pediatric Society).									
If you need additional support, contact your doctor, nurse, or midwife. To find the health professionals nearest you, call INFO line: 1-800-268-1154. For your breastfeeding support call La Leche League Canada helpline: 1-800-421-0742.									

**Breast milk is all the food a baby needs for the first six months. At six months of age begins introducing solid foods while continuing to breastfeed until age two or older. When asked, consult your health care provider.**

If you need help ask your doctor, nurse, or midwife. To find the health department nearest you, call IMHO line 1-800-268-1354. For peer breastfeeding support call La Leche League Canada National Service 1-800-465-4326.

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## When to get help

- Baby is very sleepy and hard to wake for feedings
- Baby is crying and will not settle after feedings
- Baby not having enough pees and poos
- Nipples are sore and discomfort is not getting better
- Mom has fever, chills, flu-like symptoms, or a red painful area on breast

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## Duration of feed

- Swallowing is the key! A baby can be on the breast but not actually getting milk
- Allow baby to feed on the first breast until no longer swallowing even with **breast compression**
- Offer the second breast...if baby is still hungry, offer the first again
- Growth spurts happen at 3 weeks, 6 weeks, 3 months, 6 months.

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## Cluster feeding

- When babies space feeding closer together at certain times of the day and go longer between feedings at other times
- Very common
- What to do?
  - Let baby nurse as long and as often as baby wants to
  - Support people can help bring you food/drink and get things while you are breastfeeding

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## Key messages to give to breastfeeding mothers

- Recognize baby swallows
- Start hand expressing right away
- Be confident: you have enough milk
- Breast compression and switch nursing
- Talk to someone if you have challenges – there is help!

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## Breastfeeding support

- Partner's support
- Extended family
- Friends
- Public Health Nurse
- Community (Outreach Center, etc)

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## Supporting mom

- Learn about breastfeeding
- Protect the breastfeeding relationship
- Compliment mom on how she is doing
- Know about breastfeeding challenges
- Comfort and support mom during challenges
- Learn about community supports and resources

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## Keep in mind...

- All babies and mothers are unique
- Mom's bodies are designed to breastfeed
- Flexibility is key

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## QUIZ True or False

1. Nursing less than 5 minutes at a time prevents sore nipples
2. Just one bottle of formula can reduce the protective effect of breastfeeding
3. If a breastfeeding mother gets a cold or flu she should stop breastfeeding
4. Mothers need to measure the fluid they drink to ensure good milk supply
5. Babies who breastfeed past one year obtain a significant protection from disease
6. Breastfeeding can be used as an effective form of birth control
7. World-wide, the average age of weaning is 3.5 years

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## The right to breastfeed

- Breastfeed anytime, anywhere
- Your right protected under Canadian Charter of Rights and Freedoms
- If not respected, speak with the person in charge
- La Leche League or INFACT Canada may be helpful
- Recognize your own personal barriers to breastfeeding

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## Community resources

Ottawa Public Health Information Line 613-580-6744

Baby Express Drop-ins

Community Breastfeeding Drop—ins

La Leche League

Motherisk

Telehealth Breastfeeding Support: 1-866-797-0000

Parenting in Ottawa website and Facebook

Little Milk Miracles (St Marys program)

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## Questions????



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## Case study 1

- An 18 year old client comes from the community at Food bank and approaches you.
- She tells you “ I just came back from my Dr and my baby didn't gain a lot of weight, I feel so discouraged that I want to stop breastfeeding”
- What would you tell this client?

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## Case study 2

- I'm living at home with my boyfriend and my mother and they don't like that I'm breastfeeding. They keep asking me to switch to formula. They say it makes them feel uncomfortable. I want to keep breastfeeding but I can't stand their complaining. Plus, it is my mom's house and I don't want her to feel uncomfortable. I don't know what to do?
- What would you tell this client?

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## Case study 3

- I'm expecting my baby in 3 months and have not yet decided how to feed my baby. My mother-in-law really wants me to formula feed. She said, “it was food enough for my son and his brothers and they all turned out healthy. So it is good enough for my grandson. Just keep things simple.” I feel confused.
- What would you tell this client?

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## Case study 4

- My fiancé got home and asked why I was breastfeeding again. He says I'm turning into a couch potato and don't do as much as I used to. He told me there must be something wrong since the baby is feeding all the time. Yeah, she is eating a lot but I didn't think there was anything wrong until now. Do you think there is something wrong?
- What would you tell this client?

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## Case study 5

- Yesterday I was breastfeeding my baby in the food court at the mall. A man came over and said "you should go to the bathroom. No one wants to see that!" I felt so ashamed.
- How would you support this client?