



Infant Feeding Class 4

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PLEASE TYPE NAME AND DOB IN
CHATBOX PLEASE



**THE
ROTUNDA
HOSPITAL**
DUBLIN

The Value of breastfeeding

Mum

(Type any benefits to Mum in the chat box)

The Value of breastfeeding

Mum

- Bonding
- Return to pre pregnant body more quickly (oxytocin)
- Weight Loss
- Saves money
- Reduces risk of breast and ovarian cancer (risk reduced x4% for each year of breastfeeding)

The Value of breastfeeding

Baby

(Type any benefits to Mum in the chat box)

Mum

- Bonding
- Return to pre pregnant body more quickly (oxytocin)
- Weight Loss
- Saves money
- Reduces risk of breast and ovarian cancer (risk reduced x4% for each year of breastfeeding)

The Value of breastfeeding

Baby

- Bonding
- Immunities
- Better mouth/teeth formation
- Fewer stomach upsets and/or constipation
- Higher IQ due to good brain development in early life (good fats in breast milk)
- Reducing risk of childhood cancer
- Reduces risk of SIDS
- Reduces incidence of ear infections

Mum

- Bonding
- Return to pre pregnant body more quickly (oxytocin)
- Weight Loss
- Saves money
- Reduces risk of breast and ovarian cancer (risk reduced x4% for each year of breastfeeding)

Skin to Skin Benefits



SKIN TO SKIN MATTERS NINE REASONS

Research suggests that an hour of skin to skin daily in the "fourth trimester" may impart long lasting benefits*

Regulates baby's heart rate, breathing and temperature

Reduces postnatal recovery time

Strengthens baby's immunity and reduces infection risk

Encourages initiation and continuation of breastfeeding and boosts milk production

Supports good sleep cycles for baby's brain development

Promotes bonding, helping babies feel happier and cry less

Improves baby's digestion, reduces feeding discomfort and encourages weight gain



Combats postnatal anxiety and depression

Accelerates baby's brain growth and supports early cognitive development



www.carryingmatters.co.uk/skin-to-skin

*Feldman et al 2

Breastfeeding

Food and Diet: Pregnancy food restrictions do not apply when breastfeeding

Caffeine: No more than 1-2 cups of tea or coffee a day

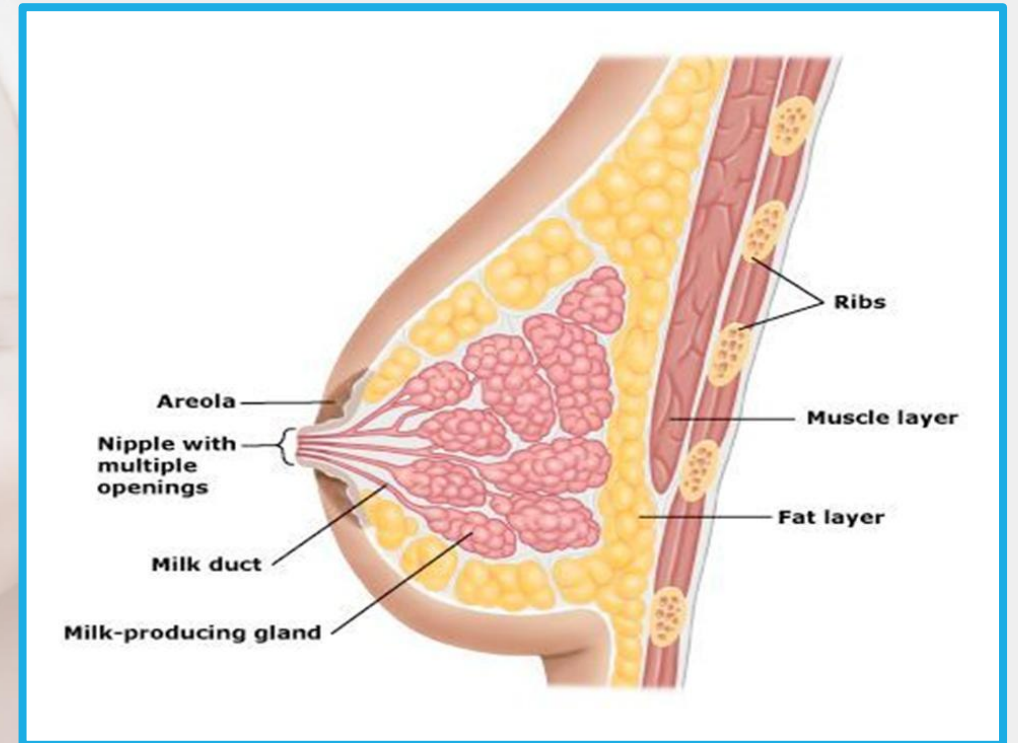
Extra Calories: We need an extra 300-500 calories a day to fulfil the energy requirements needed to make enough healthy breast milk for baby

First 1000 days: Check out www.first1000days.ie

Breast changes

You may experience:

- Breast Growth
- Veins and Pigment Changes
- Leaking of colostrum
- **Hormones involved**
 - Prolactin-Responsible for the milk supply
 - Oxytocin-Responsible for the milk flow
- Importance of syncing your baby's feeding needs with Mums supply



Breastmilk

Colostrum

Days 1-3

Transitional Breastmilk

Days 3-10 (approx.)

Mature Breastmilk

After Day 10 (approx.)



Baby feeding cues (signs)

Early cues – "I'm hungry"



Stirring



Mouth opening



Turning head
Seeking/rooting

Mid cues – "I'm really hungry"



Stretching



Increasing
physical movement



Hand to mouth

Late cues – "Calm me, then feed me"



Crying



Agitated body
movements



Colour turning red

Time to calm crying baby

- Cuddling
- Skin-to-skin on chest
- Talking
- Stroking



How do I know my baby is hungry?

- This page is taken from a great HSE booklet 'Breastfeeding, a Good start in life'
- This booklet is available on both the Class 4 and the Breastfeeding Resources on the Parent Education Resource Page
- A free hard copy/paper copy of this book is available at your Antenatal Clinic.

For more information refer to the Queensland Health booklet *Child Health Information: Your guide to the first twelve months*
Visit the Queensland Health breastfeeding website: <http://www.health.qld.gov.au/breastfeeding/>

How to achieve an efficient latch?

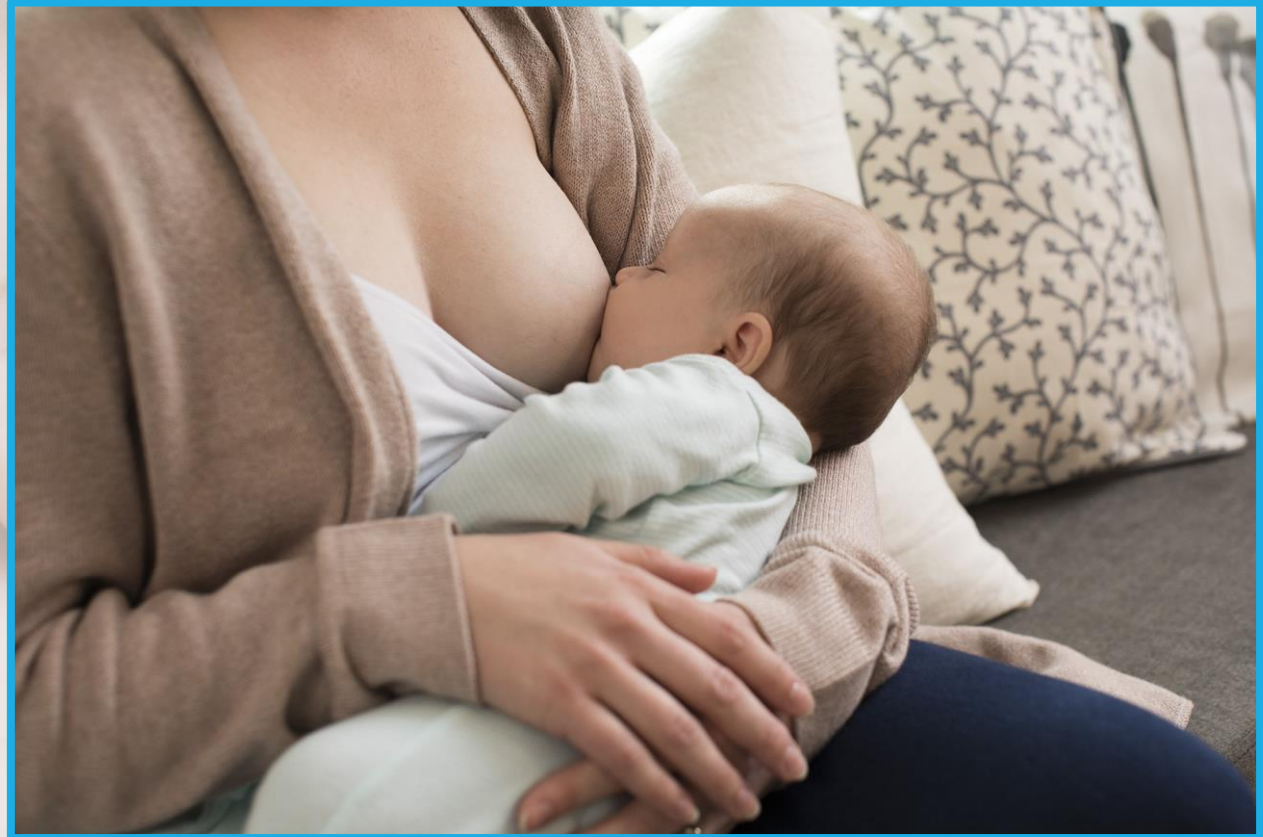
C: Close

H: Head Free

I: Inline

N: Nose to Nipple

S: Sustainable for both



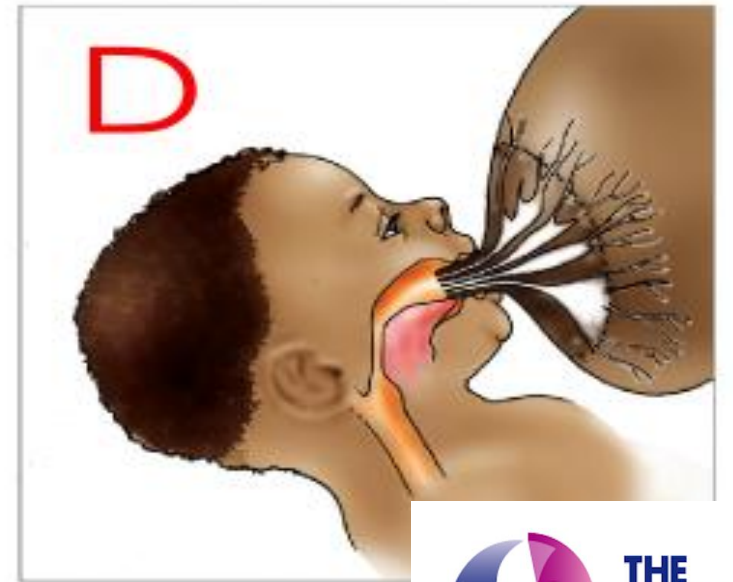
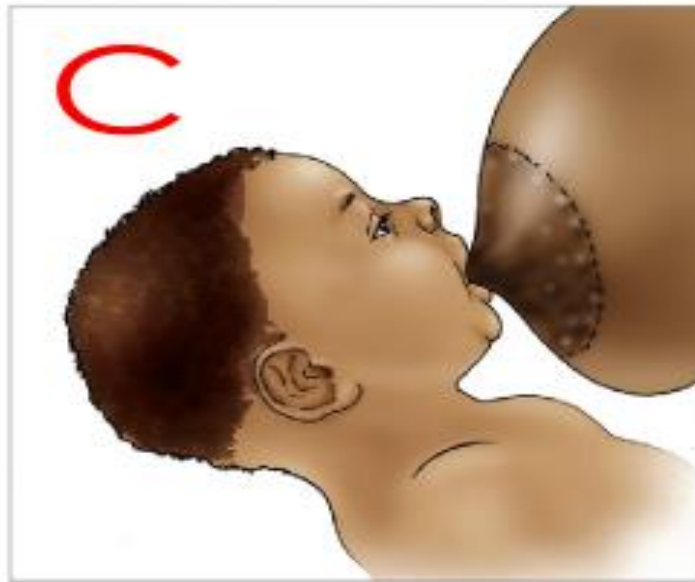
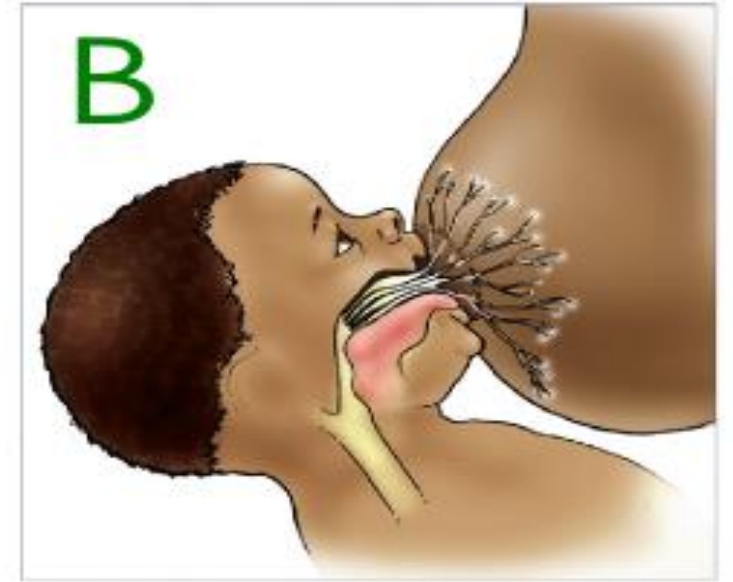
Efficient Latch (Deep)

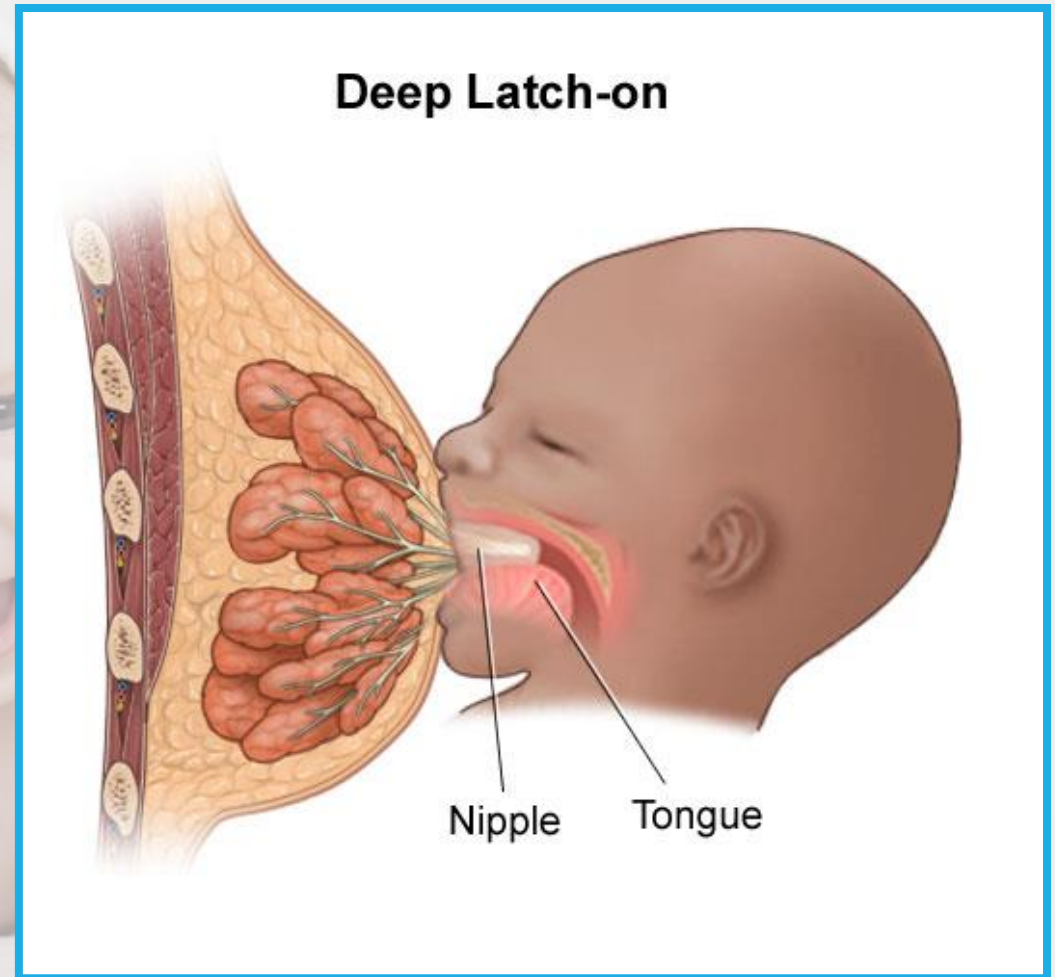
- Wide lips
- Full Cheeks
- No sucking sounds
- Not painful for Mum



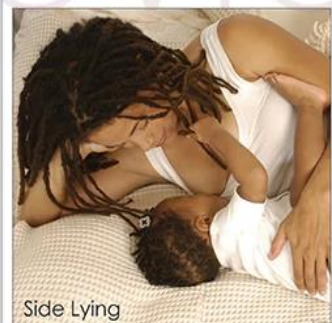
In-efficient Latch (Shallow)

- Narrow lips
- Cheeks sucked in
- Suckling sounds
- Pinching/Painful feeling for Mum





Breastfeeding Positions



This information should not be construed as medical advice, nor is it intended to replace the individual care of a health care professional.

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Top Tips for successful Breastfeeding

- First feed within 1st hour if possible
- Feed baby on demand / but no longer than 3.5 hours apart while waiting for baby to return to birth weight (normal physiological weightloss / normal physiological jaundice)
- Watch for and respond to all feeding cues
- Skin to skin ++
- Importance of efficient feeds
- Always offer 2nd side
- Maternity Bras
- No need for creams or ointments

How do I know baby is getting enough milk:


Feeding Often














Settling well between feeds

Wet Nappies

Dirty Nappies

This page is taken from a great HSE booklet 'Breastfeeding, a Good start in life'

Guidelines for mothers  Príobhálaíocht na Seirbhíse Sláinte
Health Service Executive

Your baby's age	1 Week							2 Weeks	3 Weeks
	1 Day	2 Days	3 Days	4 Days	5 Days	6 Days	7 Days		
How often should you breastfeed? Per day, on average over 24 hours. 	At least 10-12 feeds per day.							At least 8-10 feeds per day.	
Your baby's tummy size	 Size of a cherry.		 Size of a walnut.		 Size of an apricot.		 Size of an egg.		
Nappies: How many, how wet? Per day, on average over 24 hours.	 At least 1-2 wet.		 At least 3 wet.		 At least 5 wet.		 At least 6 heavy wet with pale yellow or clear urine.		
Dirty nappies: Number and colour of stools Per day, on average over 24 hours.	 At least 1 to 2 black or dark green.		 At least 2 yellow.		 At least 2 large, soft and seedy yellow.				
Your baby's weight	Babies lose an average of 7% of their birth weight in the first 3 days after birth. From day 4 onward your baby should start to gain weight. It can take 2 to 3 weeks to get back to their birth weight.								
Other signs	Your baby should have a strong cry, move actively and wake easily. Your breasts feel softer and less full after breastfeeding. 								
Every breastfeed makes a difference	Your breastmilk gives your baby all the nutrients they need for around the first six months of life. Your milk continues to be an important part of their diet, as other foods are given, for up to two years of age and beyond.								

For professional information and support visit www.breastfeeding.ie

Timeline of a Breastfed Baby:

What to expect



	Day 1	Day 2	Day 3-4	Day 4-7	Day 7-10	Day 10+
What to expect	Baby is sleepy after birth and so are you... baby will wake for feeds on demand.	All babies will appear very hungry on Day 2. Feed on demand (which may be every hour at times)	Milk comes in.... Yay! Baby finally looks full! Feed on demand although baby may be more active at night (this is normal)	Baby will feed on demand... may be more active at night	Baby may have their first growth spurt.... So if he's behaving like he did on Day 2- this is normal	Milk supply increase, feeds space out a bit, baby begins to be more active during day.
Advice	Rest up between feeds, you will be tired after labour and birth.	This is the day to get back to texts, calls etc as you will be awake and feeding non stop	Rest up during the day to recharge for another busy night of feeding.	Rest up during the day to recharge for another busy night of feeding		

Vitamin D

- Baby's need Vitamin D to help them absorb Calcium. Calcium helps build healthy teeth and bones. Vitamin D also helps build babies immune system.
- Breastfed babies need Vitamin D every day for the first year of life.
- Formula fed babies do not need Vitamin D supplementation as there is Vitamin D in their formula
- Best time to give Vitamin D is before a feed-when baby is rooting!
- You can buy Vitamin D from your pharmacy (OTC), your pharmacist will help you choose a brand that is right for you.
- Correct dose: 5 micrograms / once a day / for one year.



Support Network

- Midwives/Student Midwives and MCA's on postnatal wards
- Lactation Consultants if you are experiencing a BF Challenge
- GP (have any questions answered at your baby's 2 & 6 week check ups)
- Public Health Nurse – BF group and house calls
- www.kellymom.com
- www.breastfeeding.ie (live chat with IBCLC)



La Leche League of Ireland
Breastfeeding Help & Information



Breastfeeding Workshop (34 weeks)

When?

Tuesday @ 5pm-6:30pm.

How to book:

apptscheduling@rotunda.ie

Message from IBCLCs:

*'Please review all Breastfeeding Workshop Videos
prior to attending'*

Baby and Feeding

- **Soothers:** If breastfeeding we discourage soothers until at least one month of age and breastfeeding is well established

- **Winding Baby:** Demonstration



Formula

- Formula brands available in The Rotunda Hospital
- 10mls per feed/on demand on Day one and gradually increase volume per feed per day until baby reaches the RDA (on side of powdered formula box).
- Paced Bottle Feeding Demonstration
- In own time, please review:
 - Safefood, How to prepare your baby's bottle booklet Parental
 - Discharge Advice Video Part 2 on Parent Education Resource Page



A baby is crawling on a white surface, partially covered by a white blanket. The baby is looking towards the camera with a wide, happy smile. The background is a plain, light color.

Any Questions???