



Class 4

Breast Feeding



**THE
ROTUNDA
HOSPITAL**
DUBLIN

Breastfeeding

“While Breastfeeding is a Natural Process

It is also a Learned Skill that requires

Practice & Support

For Both Mother & Baby”

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

Accelerates baby's brain growth and supports early cognitive development

Combats postnatal anxiety and depression



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



*Feldman et al 2014

Breastfeeding

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

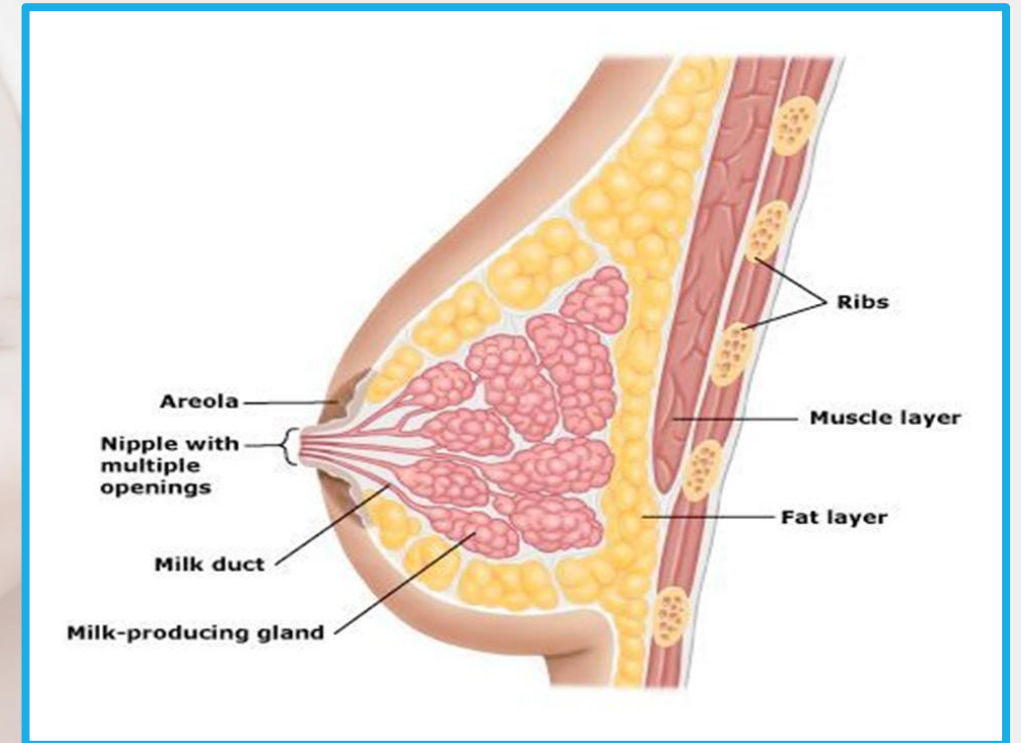
Caffeine: No more than 1-2 cups of tea or coffee a day

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

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.)



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.

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



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



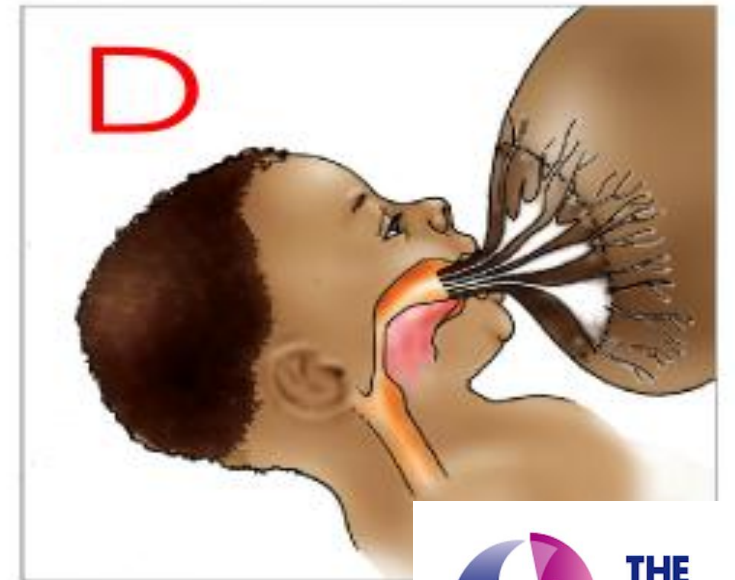
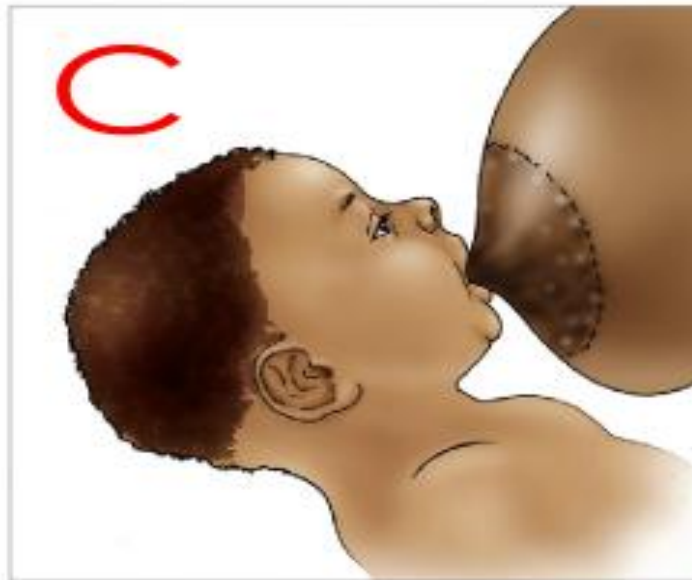
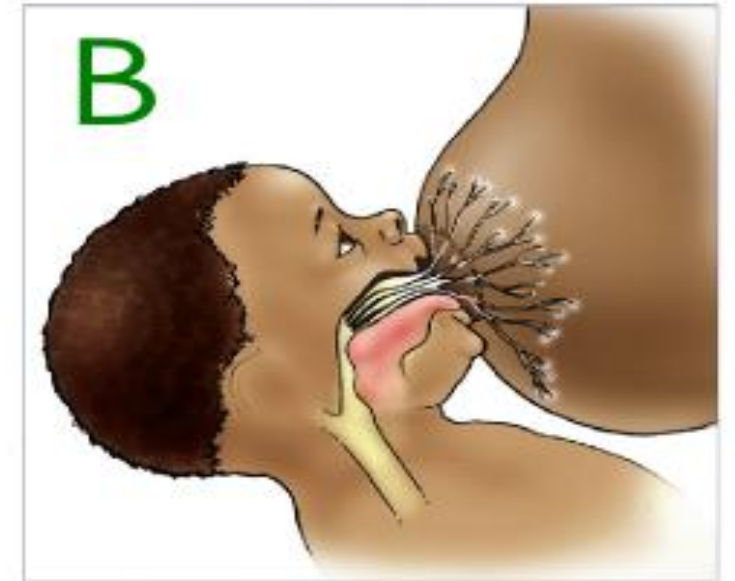
Efficient Latch (Deep)

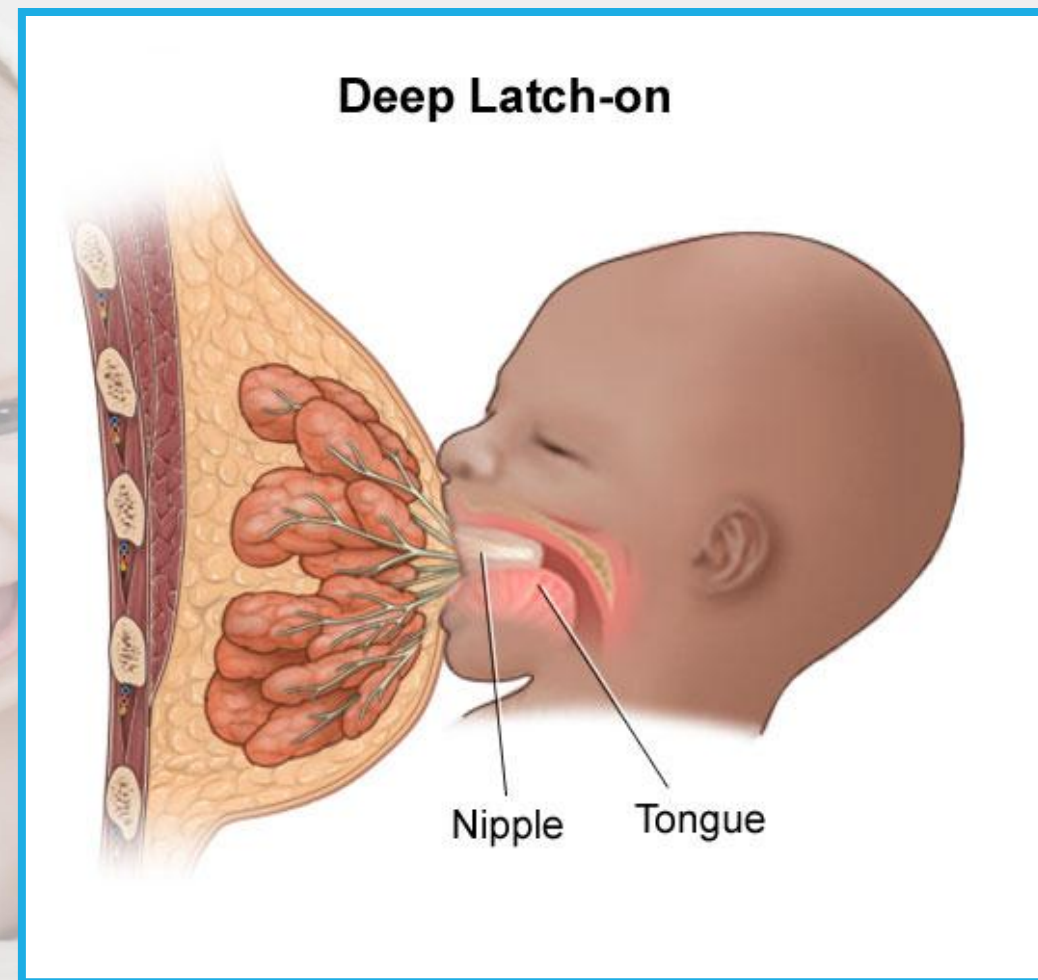
- Wide lips
- Full Cheeks
- No sucking sounds
- Not painful for Mum



In-efficient Latch (Shallow)

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





Breastfeeding Positions



Laid Back



Cradle



Cross Cradle



Clutch/Football



Side Lying



Support Baby in Any Position

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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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

HSE Feilchneamh na Seirbhíse Sláinte
Health Service Executive

Your baby's age

1 Day

2 Days

3 Days

1 Week

4 Days

5 Days

6 Days

7 Days

2 Weeks

3 Weeks

How often should you breastfeed?

Per day, on average over 24 hours.

At least 10-12 feeds per day.

Your baby should be sucking strongly, slowly, steadily and swallowing often.

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

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

Timeline of a Breastfed Baby:

What to expect



Advice



Day 1	Day 2	Day 3-4	Day 4-7	Day 7-10	Day 10+
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.
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 & Breast Feeding

- 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.
- It is Recommended that all Breast Fed Babies get Vit D Supplement every day for the first year of life.
- Best time to give Vitamin D is before a feed-when baby is rooting!
- You can buy Vitamin D from your pharmacy (OTC)
- Correct dose: 5 micrograms / once a day / for one year.



Pacifiers & Winding Baby

- **Pacifiers/ Soothers / Dummies**

'If breastfeeding you are discouraged using soothers until baby is at least one month of age and breastfeeding is well established'

Winding Baby: [H.S.E Winding Baby : Information & Video](#)

Visit : HSE Website

- **Download :** My Pregnancy Booklet (H.S.E)

My Child 0-2years Booklet (H.S.E)



Antenatal Expression of Colostrum

***The Rotunda Hospital do support and encourage Antenatal Harvesting of Colostrum(Free Kits provided)**

-It is advised to Discuss this with your midwife, Lactation consultant or doctor for individual advice, Prior to commencing Expressing *

Your Midwife will check....

- Expressing, if it is safe to do so
- Ensures you get familiar with handling your breasts
- Developing a good technique for hand expressing which is a great bonus for new mothers.

When would it be recommended...

If it is anticipated that a baby may experience difficulties with feeding

If it is anticipated that a baby may experience difficulties maintaining their sugars

Antenatal Harvesting of Colostrum ensures

- Your baby will have a supply of Breast milk available IF required
- Reducing the need to use infant formula

Sterilising Equipment

It is very important that you clean and sterilise all the equipment you use to feed your baby. Cleaning and sterilising remove harmful bacteria that could make your baby

To sterilise equipment: -steam is the best.

- Plug in and
- microwavable options are available.

You can also use: -boiling water

-a chemical steriliser

It is advised , **not** use UV sterilisers.

UV sterilisers use ultraviolet-C (UVC) radiation technology. There is not enough research to show that these machines are safe and effective.

Visit H.S.E Website for further Information



Breastfeeding Workshop (>28 weeks)

Where? Zoom

When : 1st Wednesday of the Month @ 5pm-7pm

Who : Lactation Consultants

To Book : No Booking Needed

Where? In-Person

When : 2nd/3rd /4th Wednesday of the Month @ 5pm-7pm.

Who : Lactation Consultants

To Book : Email : apptscheduling@rotunda.ie

Message from IBCLCs:

'Please review all Breastfeeding Workshop Videos Part 1 –Part 4 , prior to attending'

Breast feeding Challenges

- Sore Nipples
- Sore Breast
- Breast Engorgement
- Mastitis
- Thrush
- Tongue-Tie

HSE: Breastfeeding: A good start in life (mychild.ie)



Support Networks

- Midwives/Student Midwives and MCA's on PSNT
- Lactation Consultants if you are experiencing a BF Challenge
- Public Health Nurse – BF group and house calls
- GP (have any questions answered at your baby's 2 & 6 wks check ups)
- [HSE: mychild.ie \(A https://www2.hse.ie/my-child/ \)](https://www2.hse.ie/my-child/) (live chat with a Lactation Consultant)
- www.kellymom.com
- www.breastfeeding.ie (live chat with IBCLC)



La Leche League of Ireland
Breastfeeding Help & Information



National Conference 2019
Cuidiú
Caring Support for Parenthood



Thank You
