

BREAST FEEDING SUCCESSFULLY



Written by Laurie Jean Ellis, MS, BNS, RN, CHC

BENEFITS OF BREAST FEEDING



BREASTFEEDING

It Rocks!

INFANTS GET MOM'S ANTIBODIES AND RECEIVE PASSIVE IMMUNITY

INFANT HAS A REDUCED RISK OF:

1. ACUTE OTITIS MEDIA
2. NON-SPECIFIC GASTRITIS
3. PNEUMONIA
4. ATOPIC DERMATITIS
5. ASTHMA IN YOUNG CHILDREN
6. OBESITY
7. TYPE 1 AND 2 DIABETES
8. CHILDHOOD LEUKEMIA
9. SUDDEN INFANT DEATH

RECOMMENDATIONS FOR BREAST FEEDING

1. GIVE 400 IU OF VITAMIN D TILL INFANT IS WEANED TO VITAMIN D FORTIFIED COW'S MILK
2. IF ON BREAST MILK LONGER THAN 4 MONTHS, GIVE 2.2MG/LB/DAY OF IRON SUPPLEMENTATION TILL INFANT IS EATING IRON FORTIFIED FOODS OR MEAT
3. THERE ARE NO KNOWN BENEFITS TO EXCLUSIVE BREAST FEEDING BEYOND 4 MONTHS OF AGE. INFANTS RUN RISK OF IRON DEFICIENCY.



HANDLING PUMPED BREAST MILK

- BREAST MILK CAN BE STORED IN THE FRIDGE FOR 48 HOURS
- IT CAN BE FROZEN FOR 3 MONTHS
- DISCARD LEFTOVER BREAST MILK AFTER FEEDING
- DO NOT LEAVE IT OUT OF THE FRIDGE LONGER THAN AN HOUR
- SHAKE BOTTLE OF BREAST MILK BEFORE FEEDING – IT SEPARATES WHEN IT IS STORED



BREAST FEEDING MOTHER'S DIET



- BREAST FEEDING MOTHERS NEED 450 TO 500 EXTRA CALORIES PER DAY
- BALANCED DIET OF NUTRIENT-DENSE WHOLE FOODS
- EAT 1 TO 2 SERVINGS OF OILY FISH PER WEEK OR TAKE OMEGA 3 SUPPLEMENT OF 200 TO 300 MG.
- CONTINUE TAKING PRENATAL VITAMINS
- TAKE 600 TO 4000 IU VITAMIN D

CONTRAINDICATIONS FOR BREAST FEEDING

INSUFFICIENT MILK PRODUCTION

INSUFFICIENT MILK PRODUCTION TAKES PLACE IN 5% OF WOMEN

TAKING GLACTOGOGUES, A SUBSTANCE THAT STIMULATES MILK PRODUCTION, CAN HELP INCREASE MILK PRODUCTION

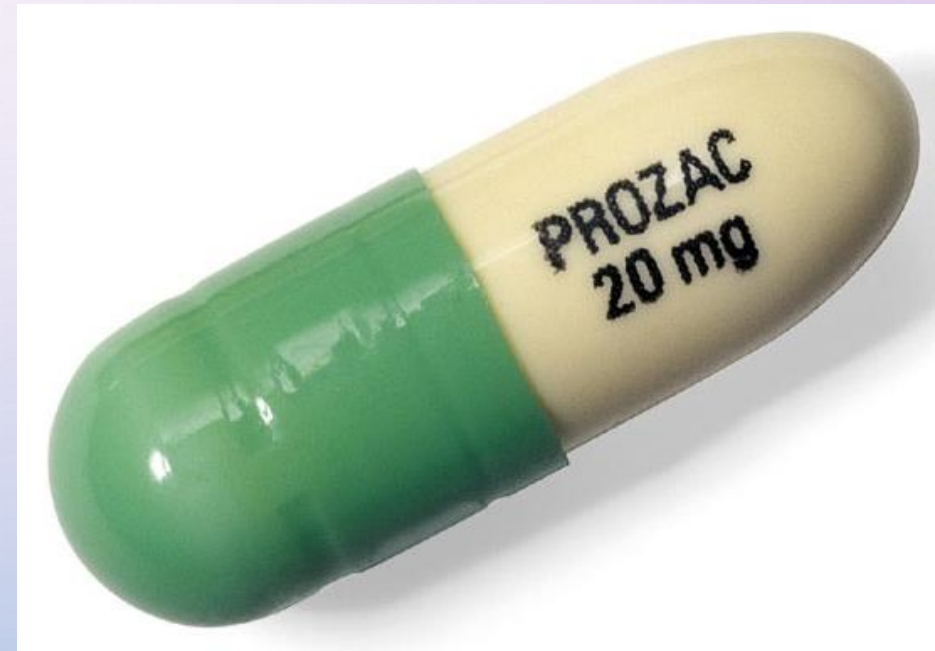
SIGNS THAT AN INFANT IS NOT GETTING ENOUGH BREAST MILK:

1. DELAYED BOWEL MOVEMENTS
2. DECREASED URINE OUTPUT
3. SEVERE JAUNDICE
4. HUNGER
5. LETHARGY
6. FAILURE TO GROW
7. MORE THAN 7% LOSS OF BIRTH WEIGHT

OTHER CONTRAINDICATIONS

HEALTH ISSUES

1. IF MOTHER HAS AIDS OR ACTIVE TB
2. IF MOTHER IS TAKING SEROTONIN REUPTAKE INHIBITOR OR PSYCHOTROPIC AGENTS
3. IF INFANT HAS GALACTOSEMIA, AN INBORN ERROR IN METABOLISM



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THANK YOU FOR YOUR TIME!

