



Explaining On- Request Breastfeeding to Modern Day Parents

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FOR CLASS: MORALITY, PARENTING AND NATURE CONNECTION IN THE ANTHROPOCENE

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On-Request Breastfeeding

- ▶ Emphasis on:
 - ▶ Rules of how to safely bed-share
 - ▶ Benefits of nighttime nursing
- ▶ Audience:
 - ▶ Expectant mothers
 - ▶ New parents
 - ▶ Ideally, this module would be placed in locations such as OBGYN offices

Summarization of Info to Share

- ▶ New and expectant parents will:
 - ▶ Understand how to safely bed-share and nighttime nurse
 - ▶ Understand the benefits of bed-sharing and nighttime nursing
 - ▶ Be able to alter their perception of bed-sharing and nighttime nursing to be more positive and rooted in science

Pre-Test

- ▶ True or False?
 - ▶ It is possible for mothers to safely bed-share with their babies
 - ▶ I have considered or am breastfeeding throughout the night
 - ▶ Breastmilk is the same whether produced in the day or at night
 - ▶ It's possible for a mother who nurses at night to get a full eight hours of sleep

SIMPLE RULES TO BED SHARING

Sleep safely with your baby



1 LET BABY BREATHE

Your baby should always lie face up, and never face down, on a firm mattress. There should not be any pillows or blankets under or around the baby, as this can be a choking hazard.



2 DO NOT GO TO BED UNDER THE INFLUENCE

Never bed share with your baby if anyone in the house smokes, if you smoked during pregnancy, or if there is any reason that your vigilance would be impaired (i.e. exhaustion, any amount of alcohol, sleep aids, drugs, etc.)



3 PROTECT BABY IN SLEEP

Mothers should sleep in a lateral position, facing their baby, and curled up around the baby. Babies, positioned level with their mothers' breasts, sleep in the space created between the mother's arm (positioned above her baby's head) and her knees (drawn up under her baby's feet).



4 STICK TO THE BED

Mother and baby should not sleep together on sofas, water beds, or with other children. It is crucial that babies only sleep on a firm surface and are protected from objects that can suffocate the baby during sleep.



5 KEEP THE ROOM COOL

The room should be kept between 62-68 °F. Always check with a thermometer to ensure that the temperature is within this range.

LEARN MORE AT:

- Video: How to Safely Cosleep and Nurse Laying Down <https://youtu.be/ikuBmXqY2Q4>
- Book: The Science of Parenting
- Book: Evolution, Early Experience, and Early Childhood Development
- Website: <https://cosleeping.nd.edu/safe-co-sleeping-guidelines/>

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BENEFITS OF NIGHTTIME NURSING

Many new moms don't know what to expect when it comes to breastfeeding, much less how to handle it at night! What most aren't told, however, is that bed-sharing offers a plenitude of benefits for both Mom and Baby! Here are some of the benefits of nighttime nursing:

SLEEP

When Mom sleeps in the same bed as Baby, she can breastfeed without the need to get out of bed, or often without gaining full consciousness. This allows for better rest for Mom as well as continuous nighttime nutrition for Baby.

ATTUNEMENT

When nighttime nursing, mom's and baby's bodies will attune to one another, allowing both to get a full night's rest while baby gets the nutrition necessary for healthy childhood growth and development.

NIGHTTIME HORMONES

Breast milk produced in the morning has different hormones than breast milk produced at night. This means that when you nighttime nurse, your baby gets the melatonin it needs to facilitate sleep.

DAYTIME HORMONES

Similarly to at night, there are specific hormones which are produced in the morning. For example, cortisol is produced 3x as much in the morning than at night.

NO FORMULA

When Moms utilize bed sharing to nurse at night, they are saving room! Often times Dads will bottle feed babies at night to help Moms get sleep, but bed sharing allows both parents to sleep through the night and save for their baby's future!

PROLACTIN RELEASE

Prolactin is a hormone that is produced in far larger quantities at night and helps Moms to breastfeed for longer into their baby's lives.

LEARN MORE AT:

- Article: "The Evolved Nest: A Partnership System That Fosters Child and Societal Wellbeing"
- Blog: The Badass Breastfeeder
- Parent-Friendly Book: The Science of Parenting
- Video: "How to Safely Cosleep & Nurse Laying Down"

Post-Test

- ▶ True or False?
 - ▶ It is possible for mothers to safely bed-share with their babies
 - ▶ I can smoke and still bed-share with my baby
 - ▶ There is scientific evidence to show that nighttime nursing is beneficial to babies
 - ▶ I feel comfortable with bed-sharing and nighttime nursing

References

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- ▶ Tarsha, M., & Narvaez, D. (2019). The Evolved Nest: A Partnership System that Fosters Child and Societal Wellbeing. *Interdisciplinary Journal of Partnership Studies*, 6(3), Article 1.
- ▶ Theuring, Abby. "Snuggle in Tight, That's Right, Like That: Co-Sleeping/Bed-Sharing," *The Badass Breastfeeder*, <https://www.thebadassbreastfeeder.com/snuggle-in-tight-thats-right-like-that-my-bed-sharing-story/>.
- ▶ Wisteria, Willow. "How to Safely Cosleep & Nurse Laying Down." *YouTube*, <https://youtu.be/ikuBmXqY2Q4>.

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