BREASTFEEDING: An ancient Art for Modern Times

Presented by Nebraska Department of Health & Human Services
Maternal & Infant Health Program

OBJECTIVES

• Discuss barriers to breastfeeding and analyze what nurses and advocates can do to promote success

• Describe policies that protect a woman’s right to breastfeed in public and at work

History of Breastfeeding

• Prior to 1870’s when artificial human milk was first manufactured, most women in the U.S breastfed their babies

• Historical documents record nursing children anywhere from 6 months to 7 years.

• Women understood breastfeeding to be natural and healthy

History of Breastfeeding

• Prior to 1890

• The success or failure to breastfeed was greatly influence by the Mother’s own mother. In the Mohawk tribe (Kanesatake) was a matrilineal society and the children belonged to the mother’s family.

• Tribunals of elderly women governed the Mohawks

• Communal living was common.
History of Breastfeeding

• After 1890
• The introduction of Christian religious orders dissolved the matrilineage.
• Introduction of single-family homes
• Native children were removed from their parents and placed in residential care for up to 15 years to promote assimilation (until 1930’s)

History of Breastfeeding

• Prenatal Care-
  – Community Medical Center was a 20 min drive away.
  – Mohawk women uninterested in attending prenatal classes in a structured unfamiliar place
  – Main form of prenatal education was word of mouth
• Free formula
  – No economic benefit to breast feeding (Drs Rx)
  – Seldom medical indication
  – Peers bottle fed
  – Other family members could help feed baby

History of Breastfeeding

• Myths
  – Disfiguring the breast
  – Spoiling the child
  – “Thin milk”

History of Breastfeeding

• Reasons for discontinuance
  – Sore nipples
  – Engorgement
  – Perceived inadequate milk supply
  – Return to work or school
  – Opinion of mother of mother
U.S. Data

- According to the [most recent data from the Centers for Disease Control and Prevention](https://www.cdc.gov) (CDC) 2009.
  - 75% of new mothers initiate breastfeeding
  - 13% of infants are breastfed exclusively for 6 months
  - 22% continue some breastfeeding to one year.

Healthy People 2020 targets aim to increase these rates to
  - 81.9% initiating breastfeeding
  - 23.7% breastfeeding exclusively through 6 months
  - 34.1% continuing at 1 year.

Nebraska Data (PRAMS)

- Ever breastfeed baby (2009)
  - Hispanic women – 89.6%
  - Asian/Pac Island women – 87.5%
  - White women - 84.2%
  - Native American women – 71.2%
  - Black (AA) women - 68.3%

Nebraska Data (PRAMS)

- Even mothers who want to breastfeed have a hard time without support.

- Hospital Staff Helped Me Learn (among BF initiators)
  - Asian/Pac Island – 93.6%
  - White – 84.6%
  - Hispanic – 82.1%
  - Black – 81.2
  - Native American – 77.4%

Nebraska Data

- Hospital Staff Gave me Info about breastfeeding (among BF initiators)
  - Asian/Pac Island – 98.2%
  - White – 97.3%
  - Black – 95.5%
  - Hispanic – 94.4%
  - Native American – 93.3%
Barriers

• Reasons for not continuing to breastfed
  – Difficulty latching
  – Milk did not satisfy
  – Not gaining weight
  – Sore nipples
  – Too hard, painful
  – Not producing enough milk
  – Household Duties
  – Mom sick
  – Work/School
  – Jaundice

NE PRAMS Data 2009

Nebraska Data (PRAMS)

• Most common cited reason for stopping breastfeeding:
  – 1. Not producing enough milk 44.2%
  – 2. Breast milk alone didn’t satisfy 35.9%
  – 3. Baby had difficulty latching on or nursing 32.8%
  – 4. Too hard, painful or too time consuming 24.7%

Barriers

• Is my baby getting enough milk?
  – Initially, the baby has a few short fast sucks and then begins suck-swallow pattern
  – You can hear whisper-like sound as he/she exhales through his/her nose
  – Milk drips from one breast as you nurse from the other
  – You feel mild-mod cramping while nursing (last for about 1 wk)

Barriers

• Cont. Is baby getting enough?
  – Nipples get erect or tingly
  – Mom feels sleepy after a few min of nursing
    • Oxytocin & Prolactin
  – Breast feel softer or lighter (later sign)
  – Baby seems satisfied and drifts off to sleep
Barriers

• Normal Elimination
  – Day 1  1-2 Wet diapers   1 Dirty diaper
  – Day 2  2-3
  – Day 3  3-4
  – Day 4  4-5 (heavier)
  – Day 5  4-5
  – Day  6-30 (more heavy) at least 3

After day 6, at least 3-4 dollar coin sized yellow stools (Some excl. breastfed babies 3 wks or older may have very few BM's as few as 1 every 10 days. If baby is otherwise well this is normal. Number of dirty diapers may decrease when baby is about 1 month old)

• When to get advice or help immediately
  – Baby falls asleep on breast without drinking and does not wake up
  – Baby cries after feeding (seems unsatisfied/irritated)
  – Baby still has dark green, almost black stools after 5 days
  – Baby is having infrequent wet diapers
  – Baby is not gaining weight

Barriers

Breast milk alone didn’t satisfy

– Growth Spurts
  • 10 days
  • 3 weeks
  • 6 weeks
  • 3 mos
  • 6 mos

http://www.pregnancy-baby-care.com

WHO Standards

• The WHO standards establish growth of the breastfed infant as the norm for growth.
• Breastfeeding is the recommended standard for infant feeding. The 2006 WHO charts reflect growth patterns among children who were predominantly breastfed for at least 4 months and still breastfeeding at 12 months.
  • http://www.cdc.gov/growthcharts/who Charts.htm
Interventions

- Encourage mom especially if she’s undecided
- Educate to help decrease barriers
- Give resources of who to contact when she is feeling discouraged
- Get comfortable with basic knowledge of breastfeeding
  - Position (most common & one additional)
  - Latch
    - Baby open mouth wide
    - Bottom lip out
    - Most of areola inside baby’s mouth

- Pain
  - Assess latch
  - Treatment (ointment, milk, position, etc)
- Encourage
- Referral
  - Never have we had so many breastfeeding educators ie lactation consultants, IBCLC’s, midwives etc

Breastfeeding Laws

- LB-197 A mother may breastfeed her child in any public or private location where the mother is otherwise authorized to go. (Feb 2011)

The Affordable Care Act

- Section 4207 Of the Patient Protection & Affordable Care Act, amended the Fair Labor Standards Act (FLSA) or federal wage and hour law. The amendment requires employers to provide reasonable break time and a private, non-bathroom place for nursing mothers to express breast milk during the work day, for one year after the child’s birth. (Signed into law March 23, 2010).

United States breastfeeding Committee website
Resources

• Breastfeeding Assessment Tools
  – Infant Breastfeeding Assessment Tool (1988)
  – Mother-Baby Assessment (1992)
  – LATCH tool (1994)
  – Systematic Assessment of the Infant at the Breast
  – Lactation Assessment Tool (1999)
  – Mother-Infant Breastfeeding Progress Tool (2007)


References

