Helping Families Work Breastfeeding into their Lives
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Building a Network of Support
- Selecting a champion as an advocate, supporter, and valued member of the family
- Engaging female relatives – nurturing the need to nurture!
- Mother-to-mother support
- Women, Infants and Children (WIC) Program

Early Breastfeeding Success
- Laid-back breastfeeding until baby is feeding well
- Learn other breastfeeding holds – cross-cradle, cradle, football, etc.
- Frequent breastfeeding – at least 8-12 times every 24 hours
- Watch for voids and stools – 1 wet and 1 dirty diaper per day of life until day 3; Day 4 and beyond look for 3-4 dirty diapers and 4-6 wet diapers in 24-hour period. After the first month, stooling patterns may change and diminish.

Baby Behaviors
- Secrets of Baby Behavior
- Engagement vs. disengagement
- Sleep cycles
  - first 20-30 minutes “active” sleep (REM)
  - second 30 minutes quiet sleep
- Babies also cry for many reasons
  - Hunger
  - Too hot or too cold
  - Tags and fabrics are annoying to baby’s sensitive skin
  - Diaper change is needed
  - Baby wants to be near mom
- Calm a crying baby before trying to breastfeed
- Stress hormones brought about by crying will take 20 minutes to diminish
- Calming techniques
• Skin to skin contact
• Waiting for deeper sleep state before putting baby down if he easily rouses
• Repetition – walking, swaying, rocking
• Sucking
• Swaddling (last resort)

Helping Moms Gain Rest
• Sleep deprivation can lead to depression
• Suggest moms rest when baby does – and let housework go!
• Provide tasks visitors and family members can help with
• Get support from other mothers
• Self-care – fluids, restful walk, relaxing bath, etc.

Returning to Work
• Support for mothers begins by helping her identify her goals and then providing information and support to help her reach her family’s goals.
• Mothers also need:
  • A supportive work environment
  • Adequate maternity leave
  • Flexible return to work options
  • Direct access to the baby
  • Private time and space to express milk
  • Access to professional support
  • Support from managers and coworkers
  • Support from family (partner and female relatives are especially critical)
• Affordable Care Act provides federal protection for women in the workplace. It includes:
  • Reasonable break time to express milk at work
  • Private space that is not a bathroom
  • Dedicated lactation room is not required
  • Flexible options can work as long as there are clear policies so that a mother’s privacy will be respected
• Tips for moms returning to work
  • Talk with supervisor during pregnancy
  • New York “My Lactation and Work Plan”
  • Make the most of maternity leave to establish breastfeeding
  • Begin storing milk at least two weeks before returning to work
  • Do a trial run to practice
• Arrange childcare close to mom’s work, if possible. Look for supportive practices such as a private place for mom to breastfeed onsite before and after work, and assurance that staff are trained in how to handle human milk.

Resources

- “Supporting Nursing Moms at Work: Strategies for Employers” (U.S. Department of Health and Human Services, Office on Women’s Health) with searchable online resource featuring 200 business profiles and 29 videos. Available online from the Office of Women’s Health.
- Videos also available at the OWH YouTube™ channel.
- Presentation platform available for downloading at the website of the United States Breastfeeding Committee.
- “Making it Work” (New York Department of Health) – resources for employers, mothers, family members, and breastfeeding educators.
- “The Business Case for Breastfeeding” (HHS Maternal and Child Health Bureau)

References


Patient Protection and Affordable Care Act. Section 4201, “Reasonable Break Time for Nursing Mothers”, HR 3590. Text of Sec. 4207 only available online at: www.usbreastfeeding.org. Full Affordable Care Act available online at: http://docs.house.gov/rules/hr4872/111_hr3590_engrossed.pdf


