



Breastfeeding 101

What Prenatal Families
Should Know

What do our prenatal families need to know?

- That they will have to teach their babies to breastfeed
- How important skin to skin is
- How/why to do hand expression/early stimulation
- The basics of how to latch a baby



They are learning and so are their babies!!!

- The Jamaican all inclusive resort
- You would cry too if it happened to you
- A lot of what is actually transition issues is labeled feeding issues
- Talk to the babies!!

Skin to Skin

- This is not even “just a breastfeeding concept” it is an infant health initiative!
- Every baby should have skin to skin early and often

Why does breastfeeding fail so often?

- Because we deny women the knowledge of how to communicate with their body if they have had a complicated birth
- Because as health professionals we don't understand the importance of early stimulation
- All moms should be taught hand expression and practice it after delivery. This is a guideline of the world health organization
- My own journey of hand expression

The basics of how to latch a baby

- Mother comfortable – sitting in a chair if possible
- Baby skin-to-skin and positioned towards mother
- Modified cradle or football hold (Mother's hand supports baby's head in both of these positions)
- When supporting breast, mother's fingers are well back from the areola

Baby:

- Chest to mother's chest
- Neck slightly extended, chin is not flexed toward baby's chest
- Mother supports back and neck but the head is not pushed into the breast

The basics of how to latch a baby

To Latch:

- Nipple aligned with baby's nose
- Stroke mouth with underside of breast/nipple
- Wait for wide mouth ("yawn")
- Nipple aimed high in baby's mouth
- Lower lip is well under breast
- Baby brought in close to mother
- Appearance:
 - Mouth appears "full" of breast tissue: no dimpling of cheeks
 - Lower lip is well under breast: areola may be visible above the upper lip
 - Chin is very close to breast
 - Baby begins sucking (sleeping at the breast may indicate a poor latch)

The basics of how to latch a baby

To Latch (continued):

- Changes from fast to slower deeper sucking
- Visible movement of the ear/temple
- Further assessment:
 - Mother may have discomfort but no significant pain
 - After initial latch feeding is comfortable
 - Nipple is not distorted when baby releases breast (no creasing or flattening of the nipple)
 - Nipples are intact: no blister, cracks
 - Baby removes self from breast; no time limits

Thank you

- I wish I had more time and am so grateful for the opportunity to speak to you!
- Naida Hawkins

Naida.hawkins@pnrha.ca 306 446 8632