

Practical Strategies for Managing Human Milk Supply

Part One:
Preparing Parents to Lay the Foundation for Milk Supply

1

Who am I?

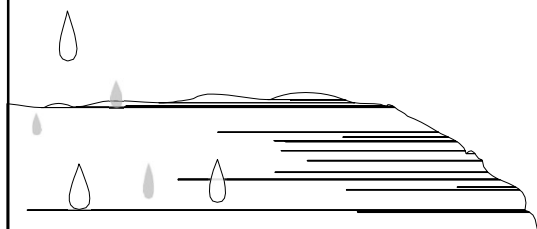
- Beth Seidel, BA, IBCLC
- IBCLC since 1997... 24 years
- Currently at UnityPoint Health Methodist in Peoria, IL
- Involved in Illinois community breastfeeding projects as a consultant with the Illinois Chapter of the American Academy of Pediatrics (2012 – 2014 and 2017 – current)



2

Conflict Declarations?

One Bias...
Human Milk is Worth It!

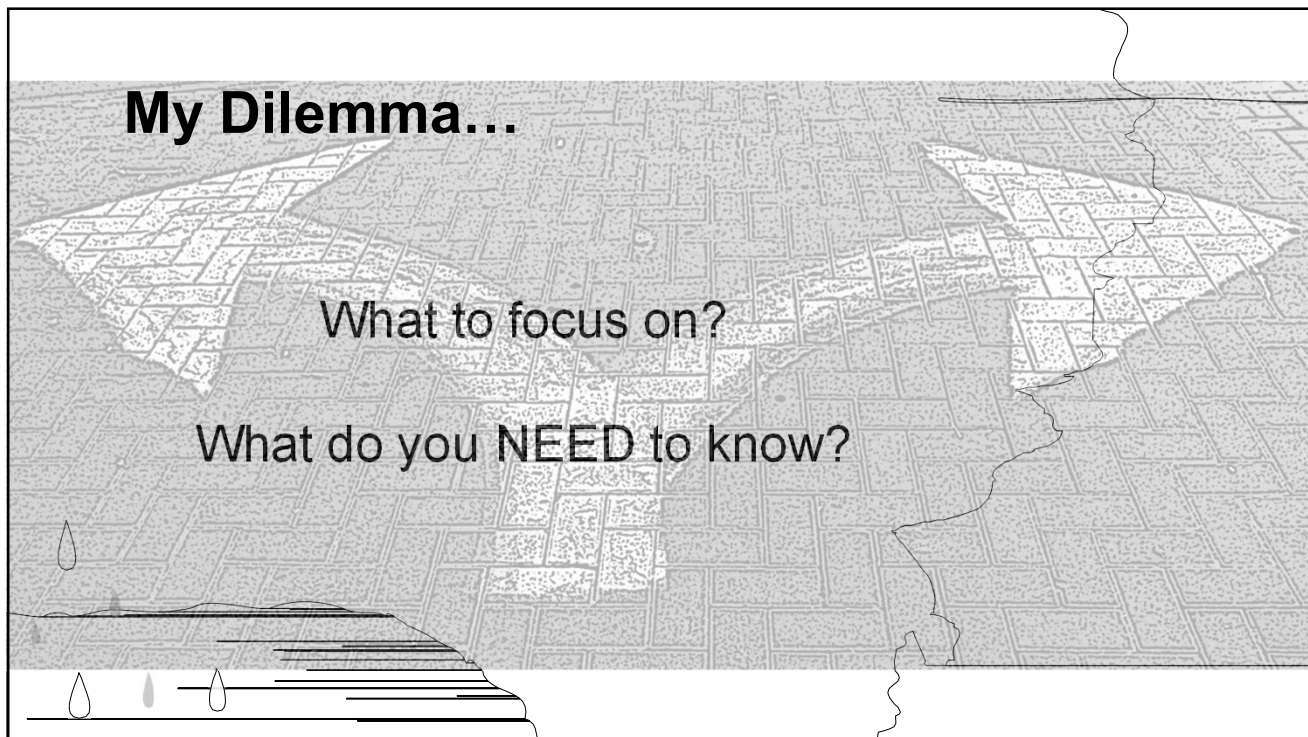


3

My Dilemma...

What to focus on?

What do you **NEED** to know?



4

What I have learned...



- Communication is critical to success
- Prenatal Education helps to lay a foundation
- Parents need practical tips
- What can they DO to survive the hard times?

5

What is current research telling us?



- Families are NOT meeting their breastmilk feeding goals
- Hispanic and Non-Hispanic Black parents are less likely than Non-Hispanic White parents to not achieve their intentions for breastmilk feeding
- Have work to do...particularly in the BIPOC community

Hamner HC, Beauregard JL, Ehrlichson JM, Perrine CG. Meeting breastfeeding intentions differ by race/ethnicity, Infant and Toddler Feeding Practices Study-2. Matern Child Nutr. 2021 Apr;17(2):e13093. doi: 10.1111/mcn.13093. Epub 2020 Oct 1. PMID: 33006242; PMCID: PMC7998881

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2020 USDA Infant and Toddler Feeding Practices Study 2

TABLE 3 Percentage of women enrolled in WIC who strongly agreed/agreed with statement on breastfeeding intentions during pregnancy and current feeding practice by maternal race/ethnicity;² USDA's Infant and Toddler Feeding Practices Study 2

	Intended to try breastfeeding			Intended to feed only breast milk at 1 month			Intended to feed only breast milk at 3 months						
	Total	Met intention	Did not meet intention	Total	Met intention		Did not meet intention		Total	Met intention		Did not meet intention	
		Initiated breastfeeding ^b	Did not initiate breastfeeding ^c		Only breast milk ^d	Breast milk and infant formula ^e	Only infant formula ^f	Only breast milk ^d		Breast milk and infant formula ^e	Only infant formula ^f		
	n	% (95% confidence interval)		n	% (95% confidence interval) ^g		% (95% confidence interval) ^g		n	% (95% confidence interval)		% (95% confidence interval)	
Total	1877	90.6 (88.3, 92.5)	9.4 (7.5, 11.7)	1226	45.2 (41.1, 49.5)	34.8 (31.6, 38.2)	19.9 (17.3, 22.9)	1035	32.9 (28.2, 38.0)	24.9 (20.9, 29.3)	42.2 (38.0, 46.5)		
Non-Hispanic White	571	84.4 (79.3, 88.5)	15.6 (11.5, 20.7)	352	55.9 (48.2, 63.3)	22.1 (17.7, 27.2)	22.0 (16.1, 29.3)	301	44.9 (37.3, 52.9)	12.4 (9.2, 16.6)	42.6 (34.9, 50.7)		
Non-Hispanic Black	382	85.4 (80.7, 89.1)	14.6 (10.9, 19.3)	205	41.5 (34.7, 48.6) [†]	39.7 (34.3, 45.3) [†]	18.9 (13.1, 26.4)	175	26.4 (18.7, 35.8) [†]	26.9 (20.0, 35.2) [†]	46.7 (38.9, 54.8)		
Hispanic	816	95.3 (93.6, 96.6) ^{***}	4.7 (3.4, 6.4) ^{***}	589	42.2 (37.5, 47.0) [†]	38.4 (34.1, 42.9) [†]	19.5 (16.1, 23.3)	487	28.4 (22.8, 34.8) [†]	29.1 (23.0, 36.1) [†]	42.5 (36.6, 48.7)		

Maternal & Child Nutrition

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Which Brings Us To: Objectives

- Develop new counseling skills for discussing feeding choice with parents
- Identify two reasons why parents quit breastfeeding
- Explain 3 strategies for the establishment of adequate milk supply

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Where To Start? At the beginning

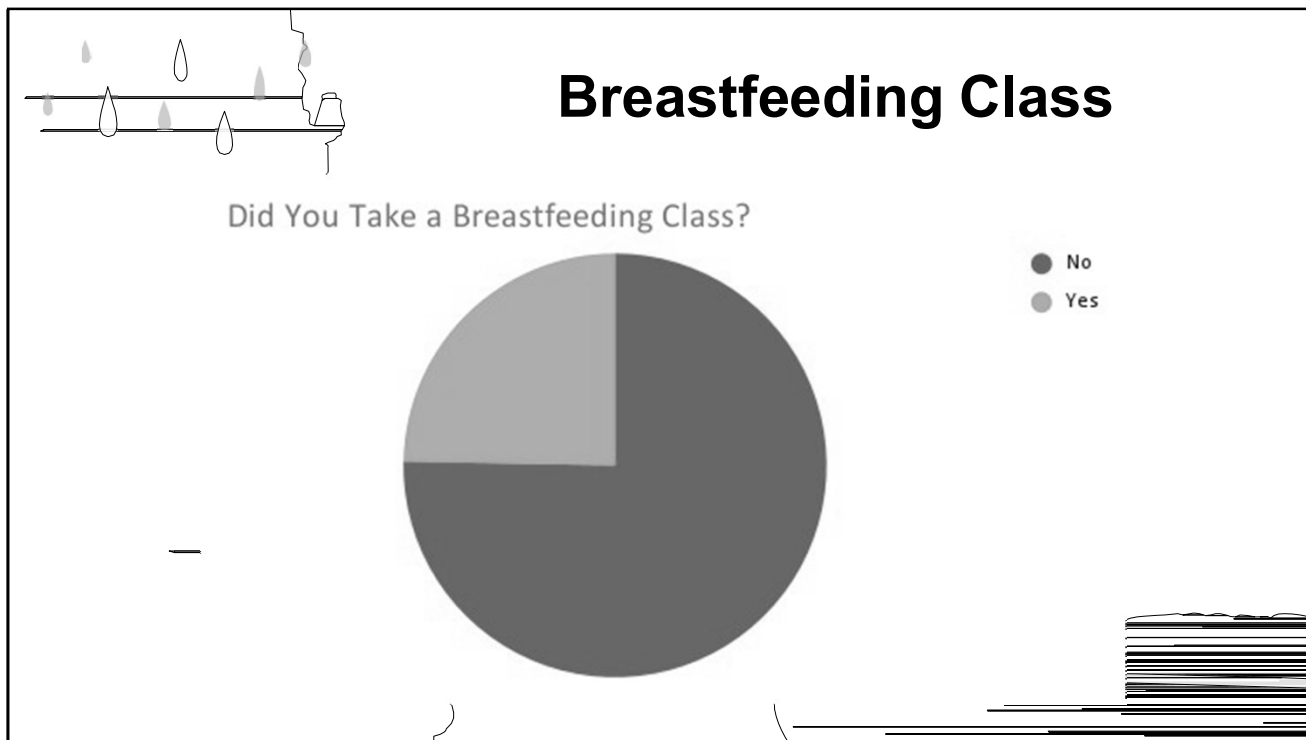


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Prenatal Education

Laying the Foundation

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Let's Talk...and Listen

Tell me about your plans for feeding your baby

What brought you to that decision?

The photograph shows a man holding a baby, a woman sitting next to him, and another woman sitting across from them, engaged in conversation.

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Be Proactive...

- What do you think might interfere with your ability to breastfeed?
- Pain associated with breastfeeding
- Time constraints
- Returning to work or school
- Personal health choices
- Felt uncomfortable with the idea of breastfeeding

Gottrell BH, Detman LA. Breastfeeding concerns and experiences of African American mothers. *MCN Am J Matern Child Nurs.* 2013 Sep-Oct;38(5):297-304. doi: 10.1097/NMC.0b013e31829a5606. PMID: 23958620.



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Addressing Barriers

- Encourage breastfeeding
- Discuss the advantages
- Provide a breastfeeding class or support group
- Encourage breastfeeding in the birth or recovery room
- Latch assistance
- Rooming-in
- Make a breast pump available



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Study – Feeding Choice Reasons in Hispanic Parents

- Los Dos
- Not just Hispanic Parents

Reasons included:

- Previous experience
- “No llora con hambre” (no crying for hunger)
- “Para salud” (for health)
- To prevent suffering that might occur when the mother and infant were separated while the mother worked

Waldrop J. Exploration of reasons for feeding choices in Hispanic mothers. MCN Am J Matern Child Nurs. 2013 Sep-Oct;38(5):282-8. doi: 10.1097/NMC.0b013e31829a5626. PMID: 23958618.

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Why did they stop breastfeeding or start supplementing?

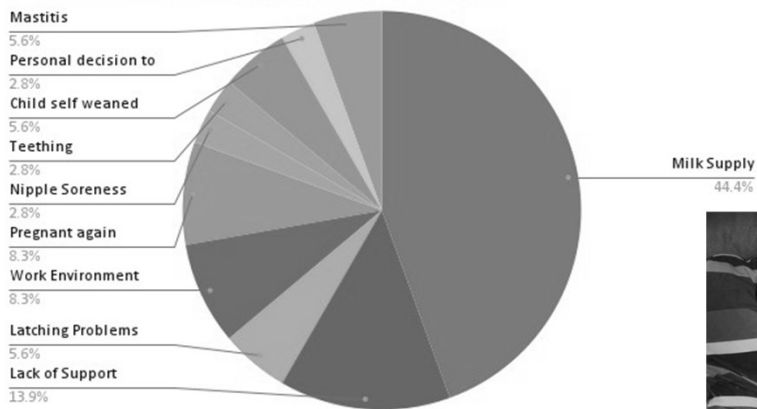
- Latch problems
- Pain
- Concerns the baby wasn't getting enough
- Mother-infant separation
- Medical complications



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Local Parents

Reason for Not Meeting Breastfeeding Goals



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And that takes us back to...

Milk Supply

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What can you do prenatally?

Prepare parents for normal feeding!



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“It was so overwhelming I wanted to give up before my journey even started.”



■ Were you prepared for what breastfeeding would be like in the early hours and days?

■ Yes

■ No

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What does early feeding look like?

No schedule

Latch challenges

Nighttime Feedings!

Sleepy Baby



23

Did you feel prepared for what breastfeeding would look like in the early hours and days?

“I had no idea what I was doing! I thought something was wrong with my supply or my baby the 2nd night when all she did was eat. I had zero sleep and was very frustrated. A lovely nurse came in to help and she is the one who told me about cluster feeding.”

“I had no idea about cluster feeding so I thought something was wrong when my daughter wouldn't stop nursing.”



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The voices of parents...



“I knew what to expect but I didn’t know how it was going to really apply to my own personal life. Once I was thrown into it, it was kind of like “shoot this is it, I knew it would be like this, but I didn’t think it would be like THIS!”

The night feeds were the hardest. And immediate cluster feeding with an LGA baby after a cesarean birth”

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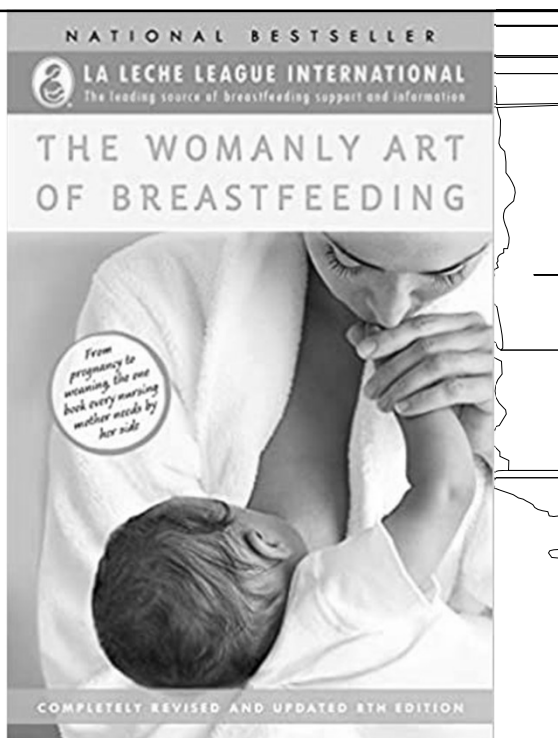
“I should say I *thought* I was prepared. But then my baby came out with a severe tongue and lip tie and absolutely could not latch at breast and I was not at all prepared for that. I was only prepared for that “perfect” nursing baby.”



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Advice From a Parent

“I did my own research my entire pregnancy and read *The Womanly Art of Breastfeeding*. Like 3 times. I definitely recommend that book to every single friend of mine that is newly pregnant!”



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Magic Pill (or drink)?

HOW MUCH
body armor should
you drink to increase
MILK SUPPLY



“Is there something I can take that will give me a full milk supply and I only have to pump twice a day?”

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Laying a good foundation

- New Study
- Parker 2015 vs Parker 2020
- Larger sample
- Takeaway – we have more time than we thought

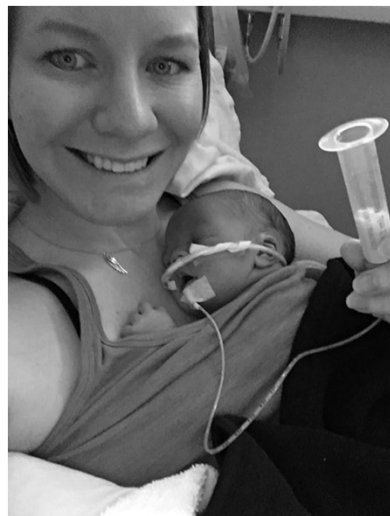
Parker, L. A., Sullivan, S., Kruger, C., & Mueller, M. (2020). Timing of milk expression following delivery in mothers delivering preterm very low birth weight infants: a randomized trial. *Journal of Perinatology*, 40(8), 1236–1245. <https://doi.org/10.1038/s41372-020-0688-z>



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Togetherness

- Parent and baby together as much as possible
- Lots of skin-to-skin



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Skin-to-Skin

- Skin-to-skin decreases crying
- Helps to stabilize blood sugar
- Stimulates milk production
- Easy access to food
- Stabilizes body temperature
- These things result in less need for supplementation



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Feed on cue...not by the clock

Feeding Frequency Video
<https://www.youtube.com/v/Brhq-Z11zos>



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Research from Dr. Amy Brown

New research

- 18,000+ babies
- How often do babies feed over 24 hours?
- How often do they feed at night?
- What happens over time?
- What do patterns of feeding look like?
- Why do mothers offer a feed?

- Gold Lactation Conference presentation
- Professor Amy Brown, 4/28/2019, "What do Normal Infant Feeding Patterns Really Look Like?" (Powerpoint Slides), Swansea University

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Exclusively BF Babies

Week	Range	Mode	Week	Range	Mode
1	6 - 17	11	14	6 - 23	12
2	7 - 18	12	15	6 - 27	13
3	7 - 24	13	16	6 - 27	14
4	6 - 21	14	17	6 - 26	15
5	6 - 20	14	18	6 - 25	14
6	7 - 26	14	19	6 - 24	14
7	6 - 24	14	20	6 - 22	13
8	6 - 22	12	21	6 - 23	12
9	6 - 21	10	22	6 - 21	11
10	6 - 20	11	23	6 - 23	11
11	6 - 24	11	24	6 - 22	12
12	6 - 23	13	25	6 - 25	12
13	6 - 24	13	26	6 - 24	12

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Professor Amy Brown, Swansea University

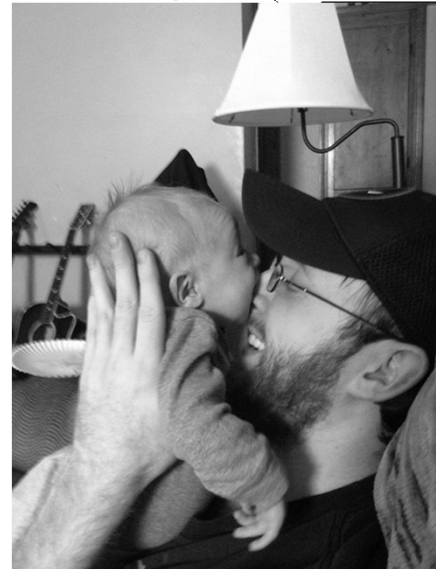
References

- Brown, A. (2015). Milk supply and breastfeeding decisions: the effects of new mothers' experiences. *NCT's Journal on Preparing Parents for Birth and Early Parenting*.
- Brown, A. (2016). What do women really want? Lessons for breastfeeding promotion and education. *Breastfeeding medicine*, 11(3), 102-110.
- Brown, A., & Harries, V. (2015). Infant sleep and night feeding patterns during later infancy: Association with breastfeeding frequency, daytime complementary food intake, and infant weight. *Breastfeeding Medicine*, 10(5), 246-252.

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Talking about Feeding Frequency

- Discuss Responsive Feeding
- "Demand" may be a negative
- What are we really encouraging?
- That parents respond to baby's request



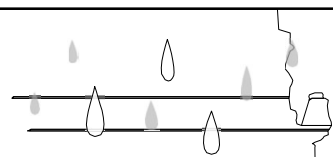
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Exclusively Pumping?

- Stress importance of pumping even in absence of milk
- Focus on “placing the order.”



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“I’m going to wait until my milk comes in / get home”

- Explore goals
- Provide education



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Early Pacifier Introduction

- What's the problem with pacifiers?
- AAP recommendation is to wait until 3 – 4 weeks or until breastfeeding is well established
- Dad – He “got okay” with the pacifier



39

Early bottle introduction

- Do some babies need a bottle early?
- Yes! Some babies need extra support away from the breast
- But what about unnecessary bottle introduction?



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Education



- Encourage waiting 3 weeks for bottle introduction for a baby who is feeding well at breast
- Encourage pumping for every time baby is being fed away from the breast
- Encourage use of an alternative feeding method before use of a bottle

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Don't Lay Off the Factory Workers



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Maximize the Milk Supply



- What's next?
- Assessing Milk Supply
- Maximizing Production
- Increase Intake by Baby
- Increase output by pumping

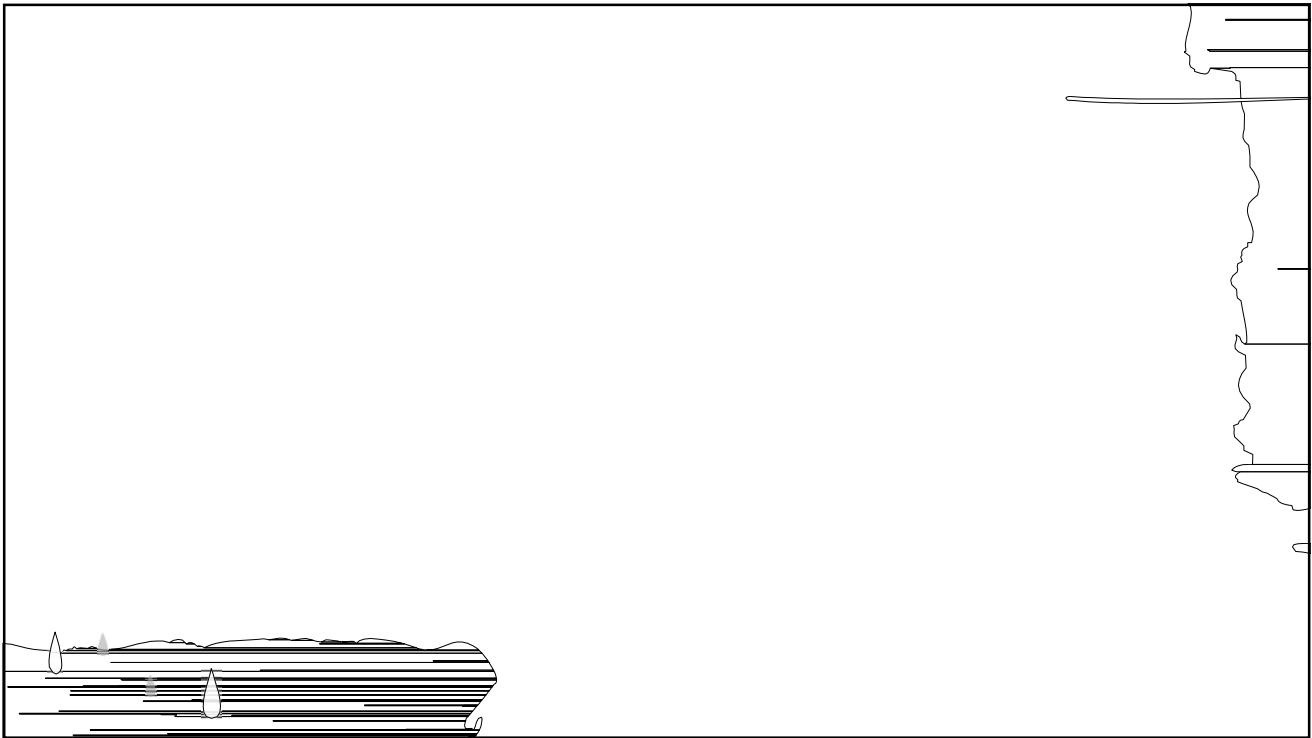
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Thank you!

Contact me at
bethseidel1118@gmail.com



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Assessment of early supply

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Active Feeding Assessment

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MAINTAINING MILK SUPPLY

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Basic Strategies

- Feed baby on cue
- Expect inconsistent patterns
- Expect inconsistent lengths of feeds

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How many breasts?

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Storage Capacity

- Nancy Mohrbacher's infographic

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Feeding Frequency Video

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pitfalls

- Scheduling / Holding off Feeds
- Inappropriate pacifier use
- Sleeping through the night before ready
 - Study on night time feeding
- One breast feeds
- Two breast feeds followed by pacifier
- Top offs that delay the next feeding

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Conteúdo Deste Modelo

Here's what you'll find in this **Slidesgo** template:

1. A slide structure based on a school center presentation, which you can easily adapt to your needs. For more info on how to edit the template, please visit **Slidesgo School** or read our **FAQs**.
2. An assortment of graphic resources that are suitable for use in the presentation can be found in the **alternative resources slide**.
3. A **thanks slide**, which you must keep so that proper credits for our design are given.
4. A **resources slide**, where you'll find links to all the elements used in the template.
- 5. Instructions for use.**
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 - The **fonts and colors** used in the template.
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 - More **infographic resources**, whose size and color can be edited.
 - Sets of **customizable icons** of the following themes: general, business, avatar, creative process, education, help & support, medical, nature, performing arts, SEO & marketing, and teamwork.

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Índice



MétodoS

Você pode descrever o tópico da seção aqui



PROFESSORES

Você pode descrever o tópico da seção aqui



Disciplinas

Você pode descrever o tópico da seção aqui



INSCRIÇÕES

Você pode descrever o tópico da seção aqui

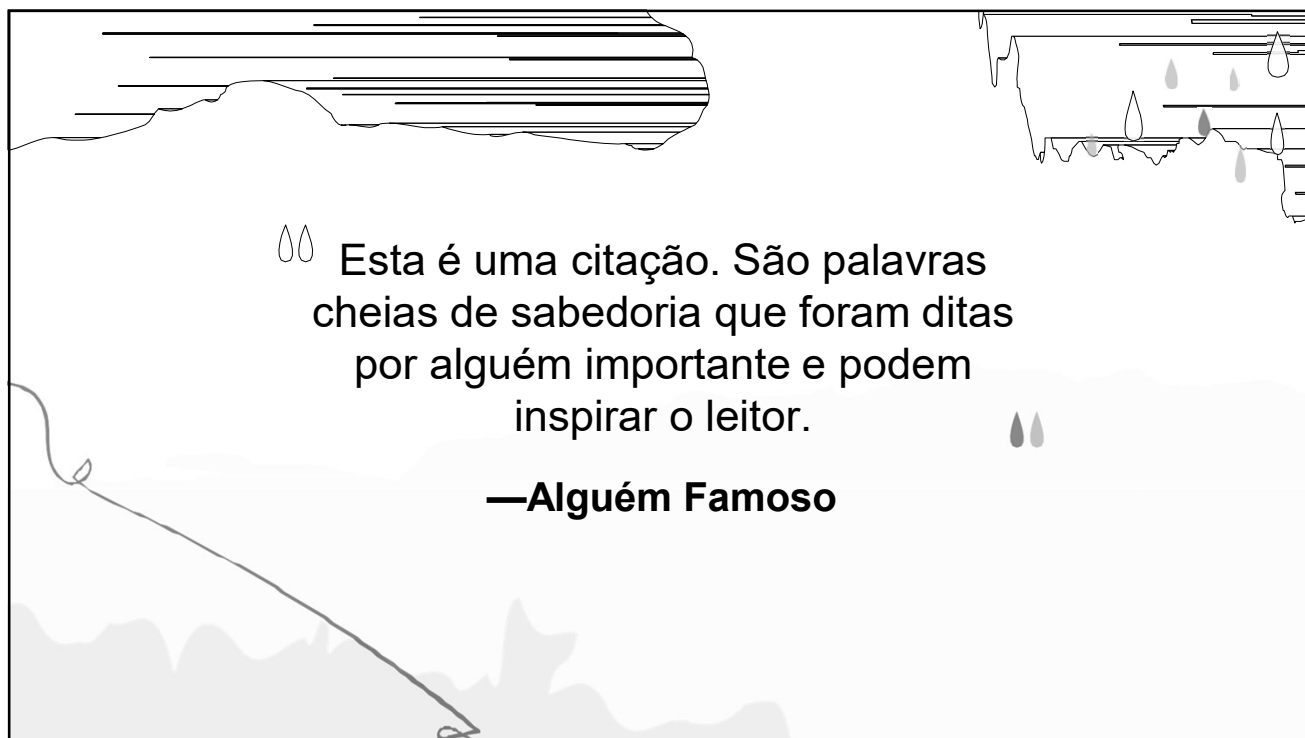
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Introdução

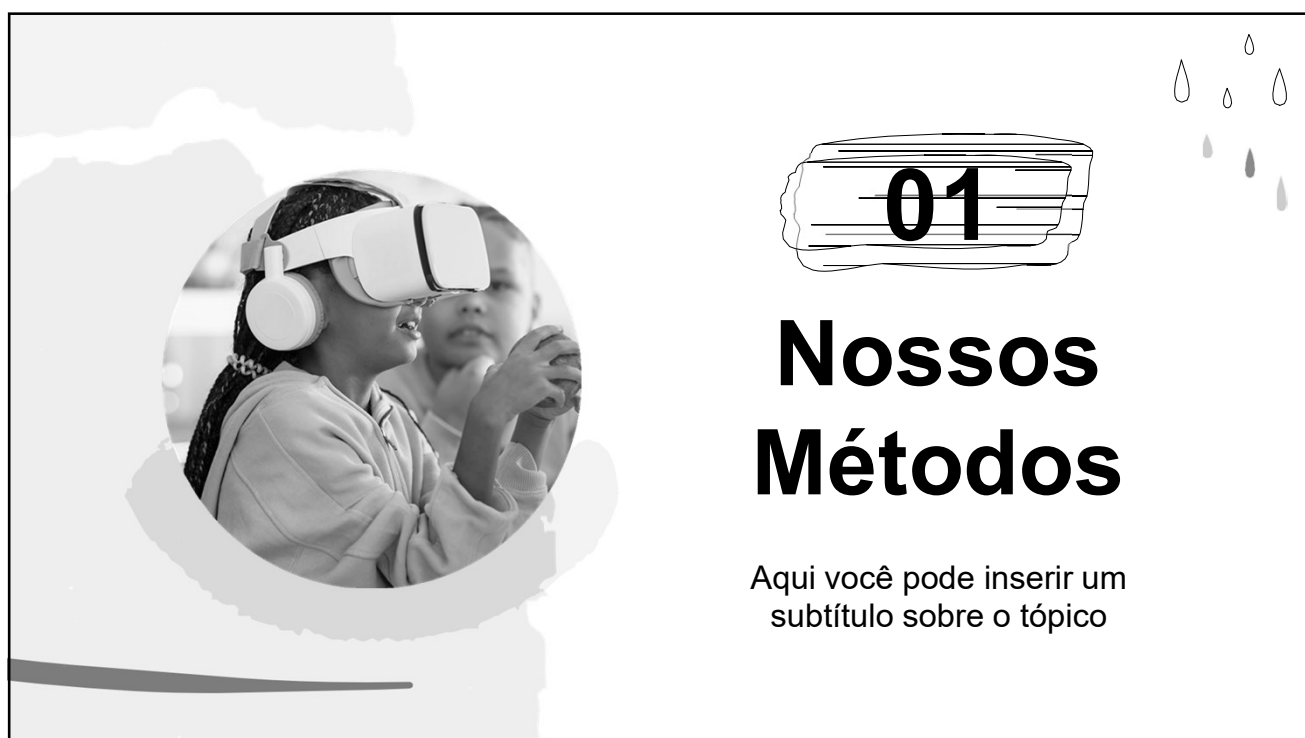
Aqui você pode dar uma breve descrição do assunto sobre o qual deseja falar. Por exemplo, se você quiser falar sobre Mercúrio, pode dizer que é o planeta mais pequeno do Sistema Solar



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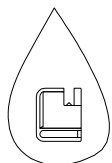


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Nosso Método De Ensino



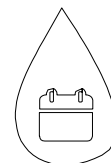
Atividades

Apesar de ser vermelho, Marte é verdadeiramente frio



Objetivos

É um gigante gasoso e o maior planeta do Sistema Solar



Avaliações

É o planeta mais próximo do Sol e o menor de todos

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O Que Nos Diferencia

1

Instalações

É o planeta mais próximo do Sol e o menor de todos

2

Laboratórios

Vênus é o segundo planeta mais próximo do Sol



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Nosso Currículo

20%

Artes

É o planeta mais próximo do Sol

30%

Esportes

Marte é um lugar realmente frio



15%

Ciências

Júpiter é um gigante gasoso

35%

Geografia

É o planeta mais distante do Sol

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Nossas Disciplinas

A.

Português

Mercúrio é o planeta mais próximo do Sol

B.

Matemática

É o segundo planeta mais próximo do Sol

C.

História

Netuno é o planeta mais distante do Sol

D.

Inglês

Júpiter é o maior de todos os planetas

E.

Informática

Saturno é composto de hidrogênio e hélio

F.

Religião

Apesar de ser vermelho, Marte é um lugar frio

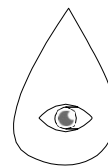
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Missão e Visão



Missão

- Aqui você pode descrever a sua missão
- Aqui você pode descrever a sua missão
- Aqui você pode descrever a sua missão



Visão

- Aqui você pode descrever a sua visão
- Aqui você pode descrever a sua visão
- Aqui você pode descrever a sua visão

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Nossos Valores



solidariedade

Vênus é o segundo planeta mais próximo do Sol



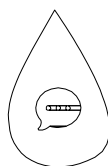
criatividade

Mercúrio é o planeta mais próximo do Sol



sensibilidade

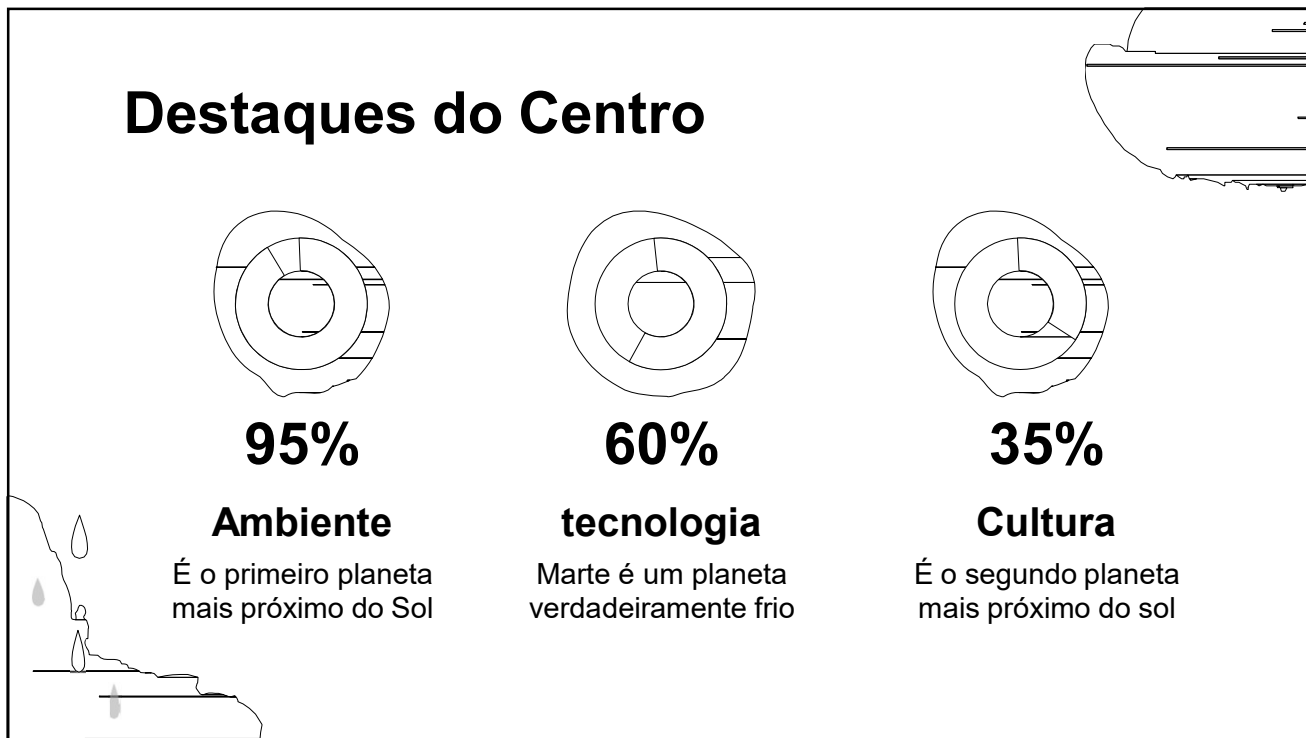
Apesar de ser vermelho, Marte é um lugar frio



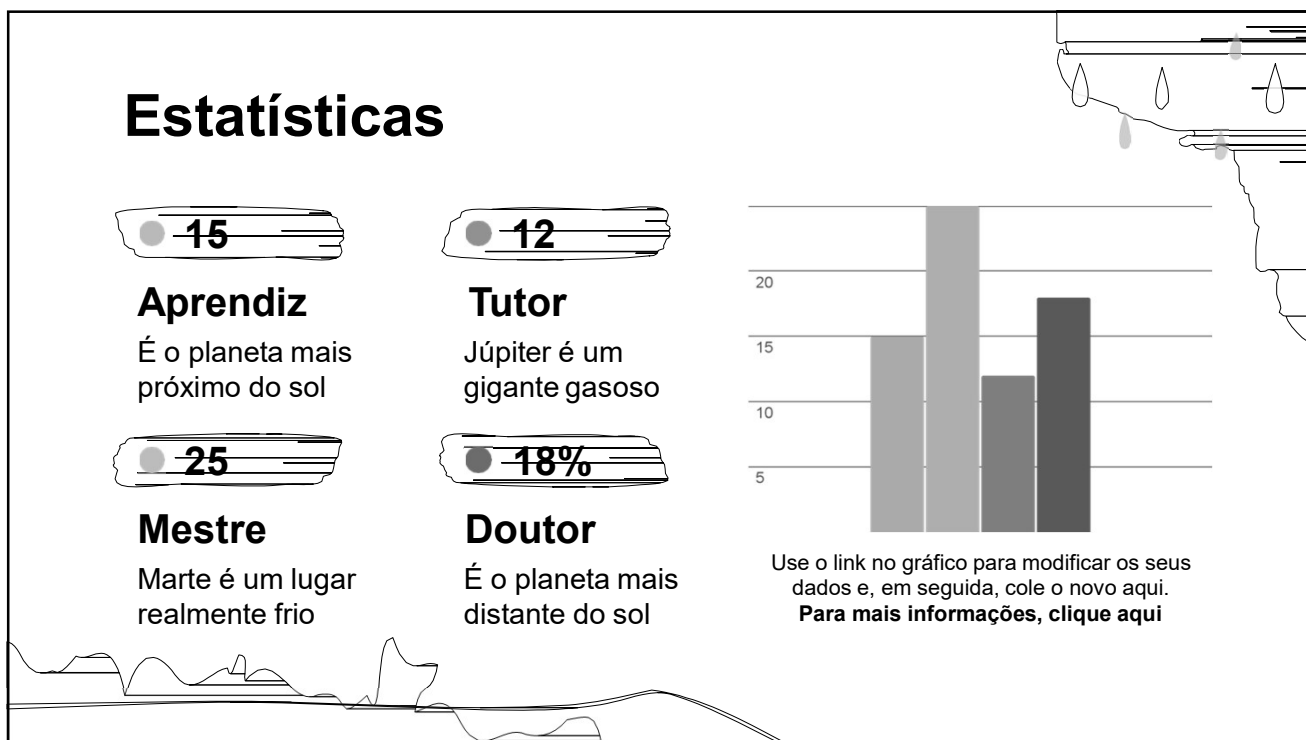
diálogo

Júpiter é o maior planeta do Sistema Solar

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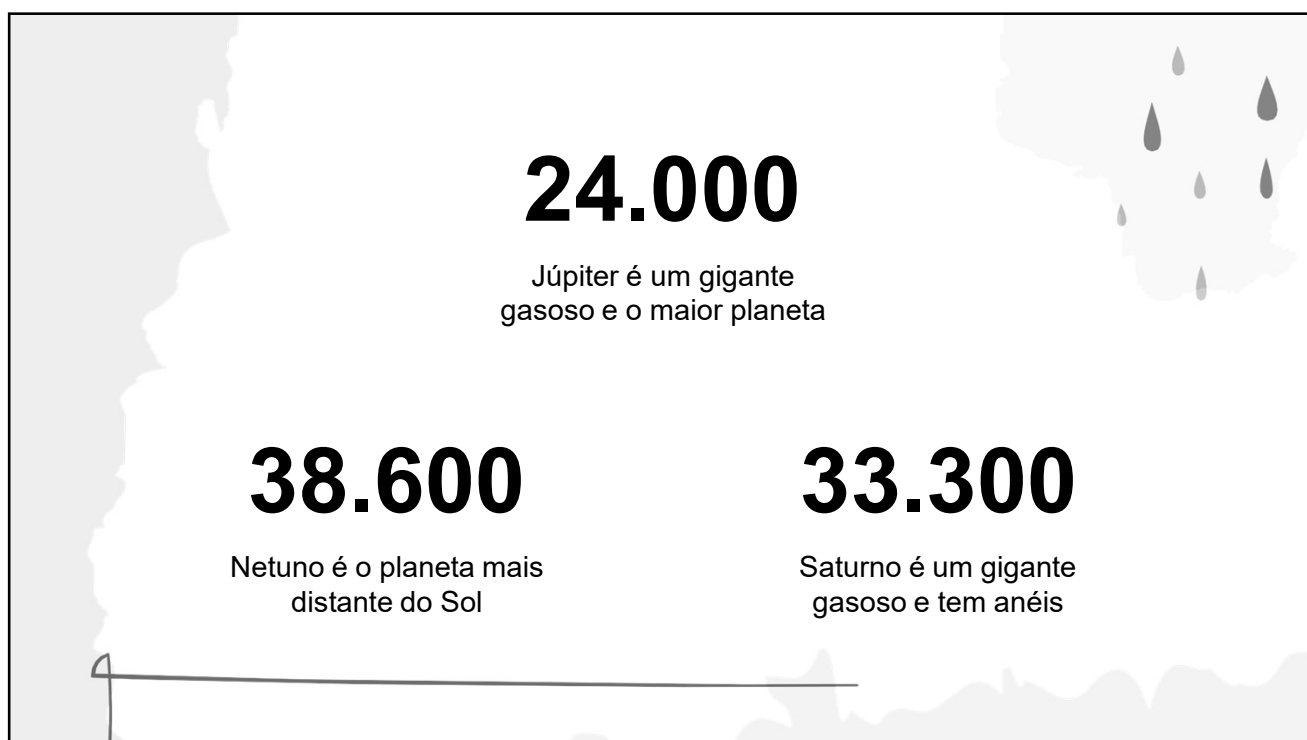
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4.893,00

Um número grande pode chamar a atenção do público

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24.000

Júpiter é um gigante gasoso e o maior planeta

38.600

Netuno é o planeta mais distante do Sol

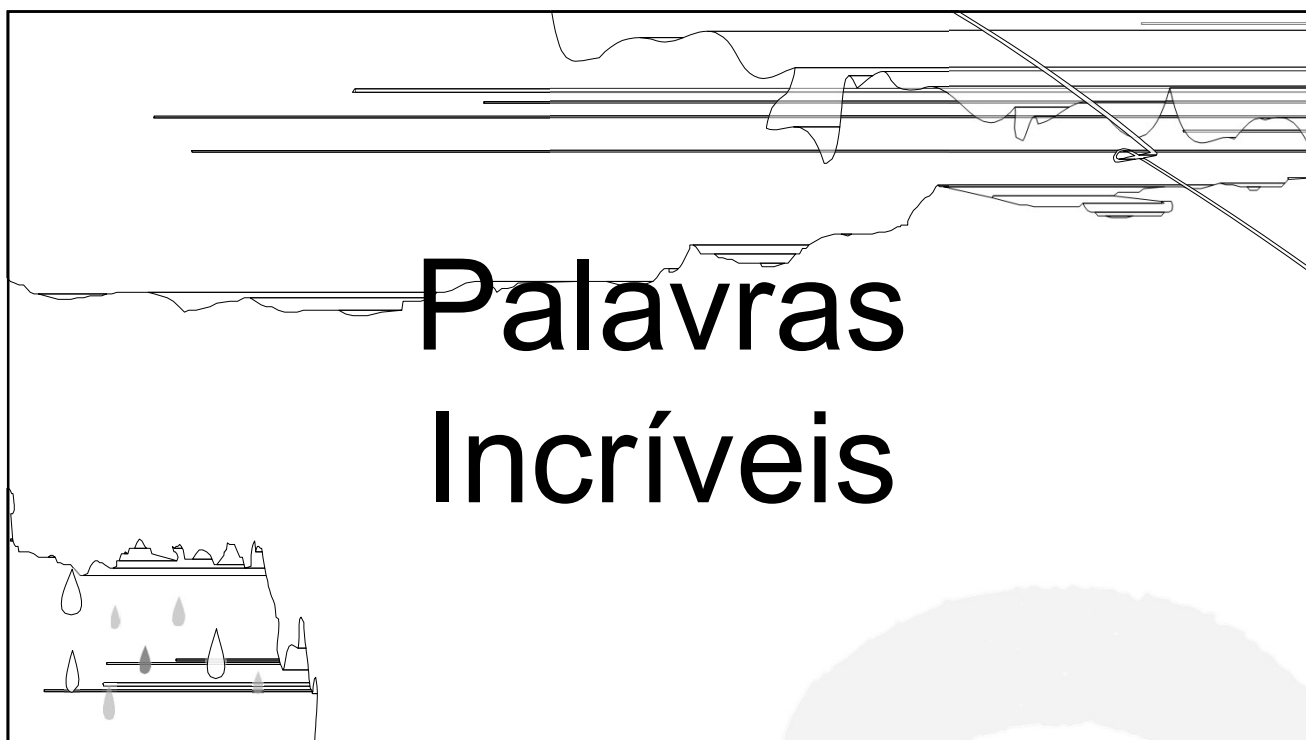
33.300

Saturno é um gigante gasoso e tem anéis

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Nossos Professores



Ana Silva

Aqui você pode falar um pouco sobre essa pessoa



João Saito

Aqui você pode falar um pouco sobre essa pessoa



Jô Gomes

Aqui você pode falar um pouco sobre essa pessoa

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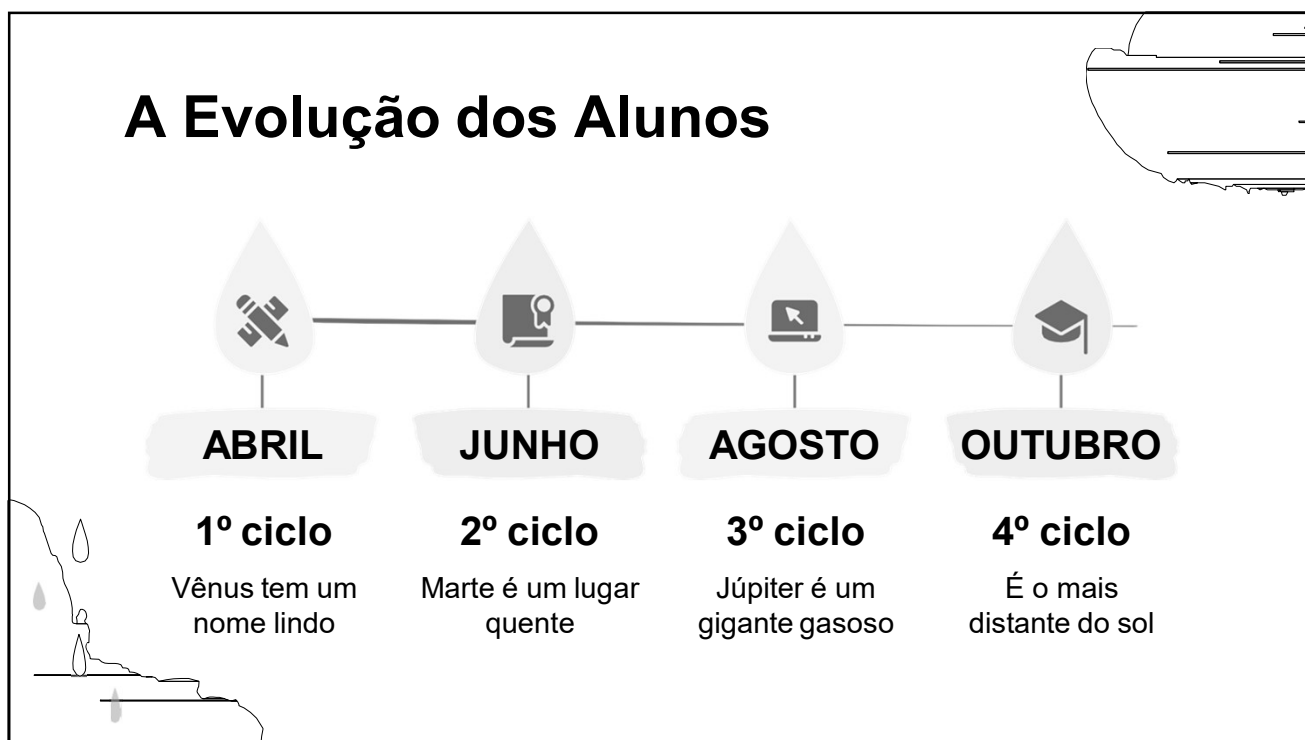
Nossos Objetivos



- Aqui você pode listar os objetivos do seu centro escolar
- Aqui você pode listar os objetivos do seu centro escolar
- Aqui você pode listar os objetivos do seu centro escolar

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A Evolução dos Alunos



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Processo de Inscrição

	Semana 1	Semana 2	Semana 3
Documentos	☹☹☹		
Pedido de vaga	☹☹☹	☹☹☹	
Matrícula		☹☹☹	☹☹☹
Início das aulas			☹☹☹

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Inscrições Presenciais



● **20/08**

Na escola

Júpiter é um gigante gasoso

● **10/09**

No ginásio

É o planeta mais distante do Sol

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Não esqueça!

Horários

09 - 12h

14 - 17h

Salas

B209

D405

materiais

- Aqui você pode listar os materiais
- Aqui você pode listar os materiais
- Aqui você pode listar os materiais

Professora

Camila Santos

lanche

Bolo de banana

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Recursos Alternativos

Aqui está uma variedade de recursos alternativos dentro do mesmo estilo deste modelo

VECTORS

- Hand painted watercolor abstract art cover collection
- Watercolor background theme
- Hand painted watercolor brush strokes collection

Photos

- Long shot kids wearing medical masks class
- Children drawing together
- Female teacher helping kids with their medical mask
- Children learning school with teacher during pandemic
- Kids teacher celebrating teacher's day
- Medium shot teacher taking notes during class

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Recursos

Você gostou dos recursos? Obtenha-os gratuitamente em nossos outros sites.

Vetores

- Watercolor cover collection
- Blue realistic watercolor stain collection
- Umbrella rain pattern

Photos

- Kids learning about planets
- Kids learning about universe
- Teacher girl with hair nets doing science experiments
- Children drawing together
- Front view woman teaching
- Cute adult woman posing
- Student playing basketball
- Child drawing landscape
- Front view young students hugging their teacher

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Hamner HC, Beauregard JL, Li R, Nelson JM, Perrine CG. Meeting breastfeeding intentions differ by race/ethnicity, Infant and Toddler Feeding Practices Study-2. *Matern Child Nutr.* 2021;17:e13093. <https://doi.org/10.1111/mcn.13093>

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#b26f7d

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Storyset

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Pana



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Bro



Rafiki



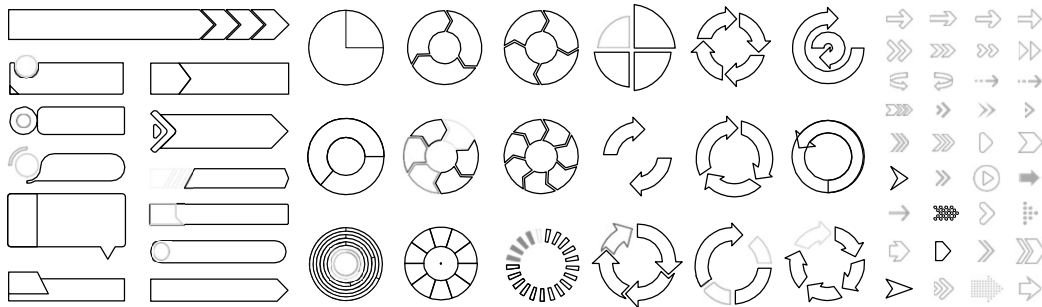
Cuate

86

Use our editable graphic resources...

You can easily resize these resources without losing quality. To change the color, just ungroup the resource and click on the object you want to change. Then, click on the paint bucket and select the color you want.

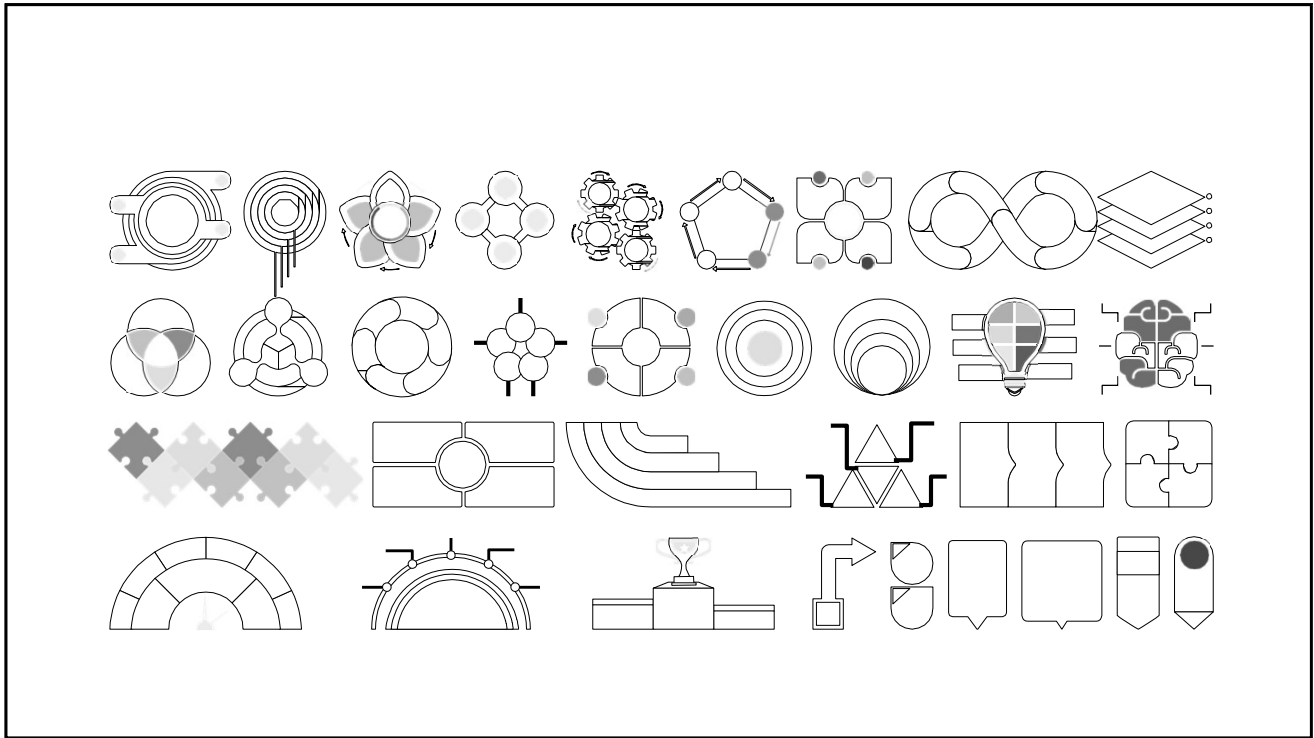
Group the resource again when you're done. You can also look for more infographics on Slidesgo.



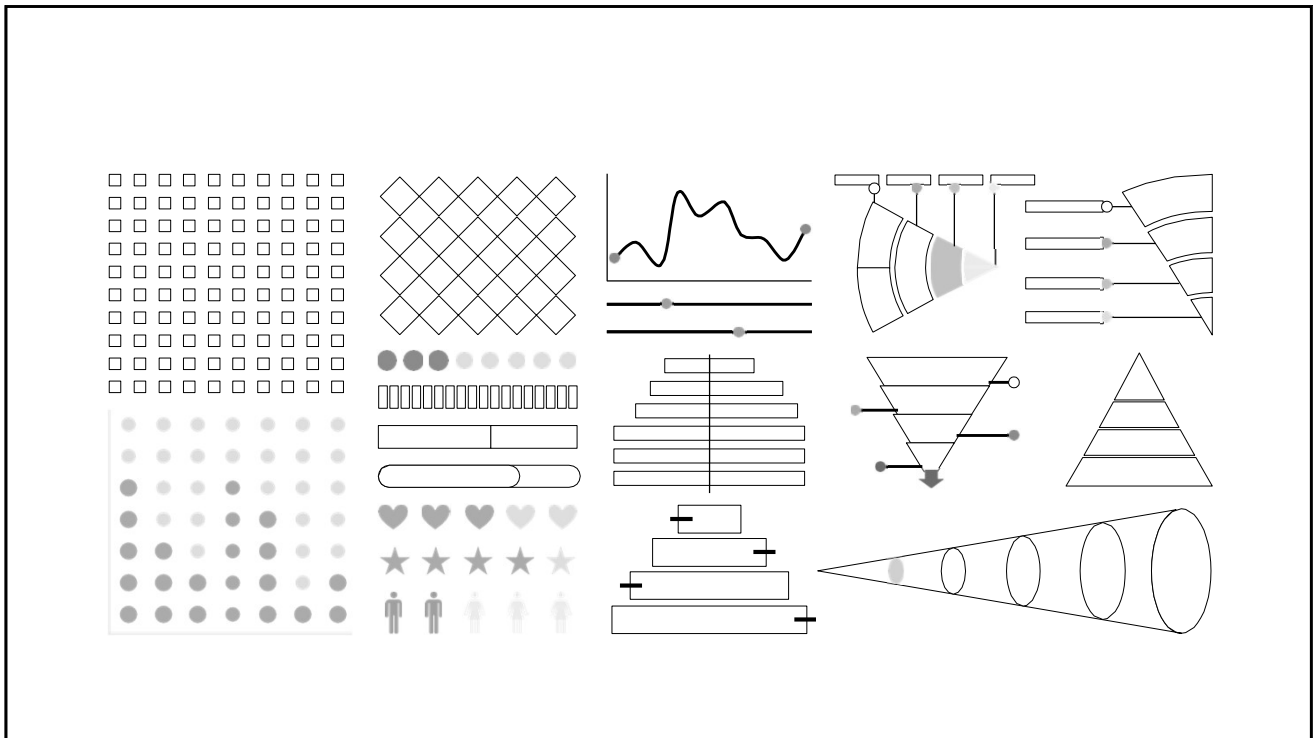
87



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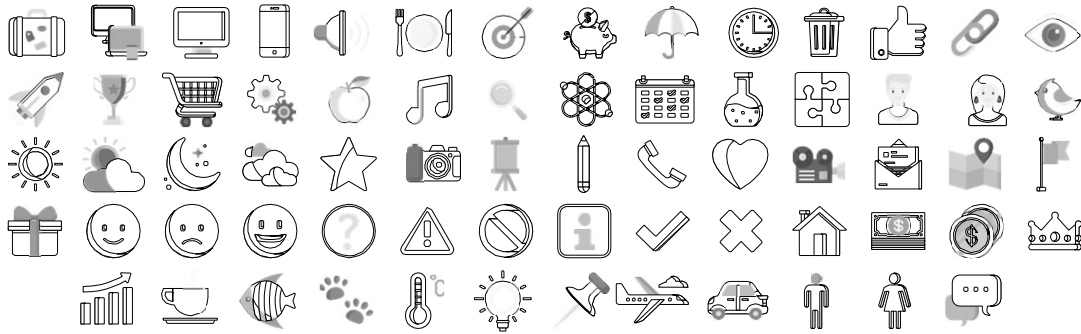
92

...and our sets of editable icons

You can resize these icons without losing quality.

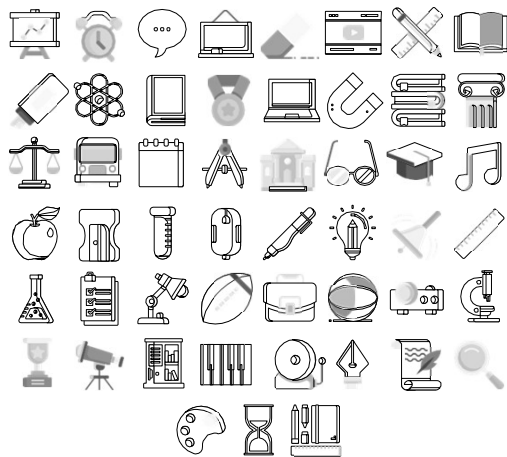
You can change the stroke and fill color; just select the icon and click on the paint bucket/pen.

In Google Slides, you can also use Flaticon's extension, allowing you to customize and add even more icons.

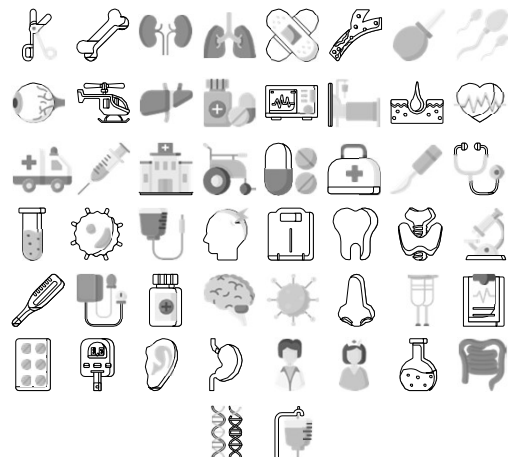


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Educational Icons



Medical Icons



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