



Trillium
Health Partners

Better Together

Breastfeeding Class

LATCH ON

WELCOME

THP is Baby Friendly Initiative (BFI) Designated Hospital

IMPACT OF BFI

1. To improve the health of babies in our community by implementing BFI's "Ten Steps" at THP.
2. BFI supports an informed infant feeding decision while **PROTECTING, PROMOTING, AND SUPPORTING** breastfeeding. Formula feeding families receive individual information on infant feeding free from commercial influences

[Human Milk, Tailor-made for Tiny Humans – YouTube](#)

Our Baby-Friendly Pledge

Breastfeeding protects and enhances the health of babies, mothers, families, communities and the environment



We...

COMMIT to help you and your family achieve the best possible health by providing information on the benefits of breastfeeding and the risks of not breastfeeding.

HAVE a breastfeeding policy and trained staff to support you to exclusively breastfeed for at least six months.

SUPPORT holding your baby skin-to-skin while in the hospital and at home regardless of how baby is fed. We **ENCOURAGE** you to watch for baby's feeding cues and feed them when ready.

PROTECT you by not giving out infant formula, bottles or pacifiers.

ASSIST you to breastfeed and maintain a good milk supply, including times when you and baby are separated or if your baby requires supplements for medical reasons.

ENCOURAGE mothers to feed your baby only breast milk for the first 6 months of life. At 6 months, when baby is ready, begin to feed solid foods and continue to breastfeed for up to 2 years and beyond.

VALUE strong connections with our community partners and offer **PEER SUPPORT** to mothers.

WELCOME you to breastfeed anytime, anywhere in our facilities.

Will **SUPPORT** your decision if you choose not to breastfeed.

Mothers are welcome to breastfeed here.

Las madres son bienvenidas a amamentar aquí

欢迎母亲在这里喂母乳

As mães são bem-vindas a amamentar aqui

Sinasoportalsan namang ang mga ina na naggapadele dito

Mamans, sentez-vous bien à l'aide d'allaiter ici.

Witamy matki karmiące piersią

ਮਾਂ ਨੂੰ ਆਪਣੇ ਚਿੱਠੇ ਨੂੰ ਆਪਣੇ ਹੁਣੇ ਨੂੰ ਸੁਰੱਖਿਅਤ ਰੱਖੋ

مães ہاں بہتر ہونے کے لیے دیکھیں

Region of Peel - Public Health 905-799-7700

BreastfeedingInPeel.ca



BFI 10 Steps to Successful Breastfeeding

1. Have a written breastfeeding policy.
2. Ensure all healthcare providers have the knowledge and skills necessary to implement the breastfeeding policy.
3. Inform pregnant women and their families about the importance and process of breastfeeding
4. Place babies in uninterrupted skin-to-skin contact with their mothers immediately following birth. Encourage mothers to recognize when their babies are ready to feed, offering help as needed.
5. Assist mothers to breastfeed and maintain lactation should they face challenges including separation from their infants.
6. Support mother to exclusively breastfeed for the first 6 months, unless supplements are medically indicated.
7. Facilitate 24 hour rooming-in for mother and a newborn.
8. Encourage baby-led breastfeeding beyond 6 months with appropriate introduction of complementary foods.
9. Support mothers to feed without the use of artificial teats or pacifiers.
10. Provide a seamless transition between the services provided by the hospital, community health services and peer support programs.

Topics to be covered in class:

- Benefits of breastfeeding
- Feeding Recommendations
- Skin to skin care
- Hand expression
- Feeding Cues
- Positioning and Latching
- Feeding Positions
- Breastpumps
- Nutrition and Breastfeeding
- Partner/ Family Support
- Community Support



Benefits of Breastfeeding

For Mom / Family

- Bonding
- Convenient; saves time and money
- Minimizes risk of postpartum bleeding
- Minimizes risk of postpartum mood disorders
- Increases moms metabolism for weight loss while breastfeeding

For Baby

- Bonding
- Increased immunity
- Easy to digest
- Decreased risk of ear infections,
- Decreased risk asthma,
- Decreased risk of diabetes & obesity

Feeding Recommendations

The World Health Organization (WHO)

- recommends exclusive breastfeeding for the first six months with introduction of complimentary foods at six months and continued breastfeeding for up to two years and beyond

The Canadian Paediatric Society (CPS)

- recommends breastfeeding for the first full year of life. CPS recommends that all breastfeeding babies should receive daily vitamin D supplement in the first year(400 IU daily by mouth)

Feeding Recommendations



- Breastfeeding is a natural, but learned skill for mother and baby, so takes time. Be patient with yourself and baby.
- Babies should be fed frequently, at least **8x or more in 24 hours**. Follow baby's cues.
- **Wake baby at least each 3 hours**, for feeds in the first two weeks, until baby has returned to birthweight, is getting enough milk, & gaining well. Once baby is back to birthweight, & gaining well, baby can go longer between feeds.
- By Day 3 to Day 5, moms milk supply should increase.

Getting Breastfeeding Started

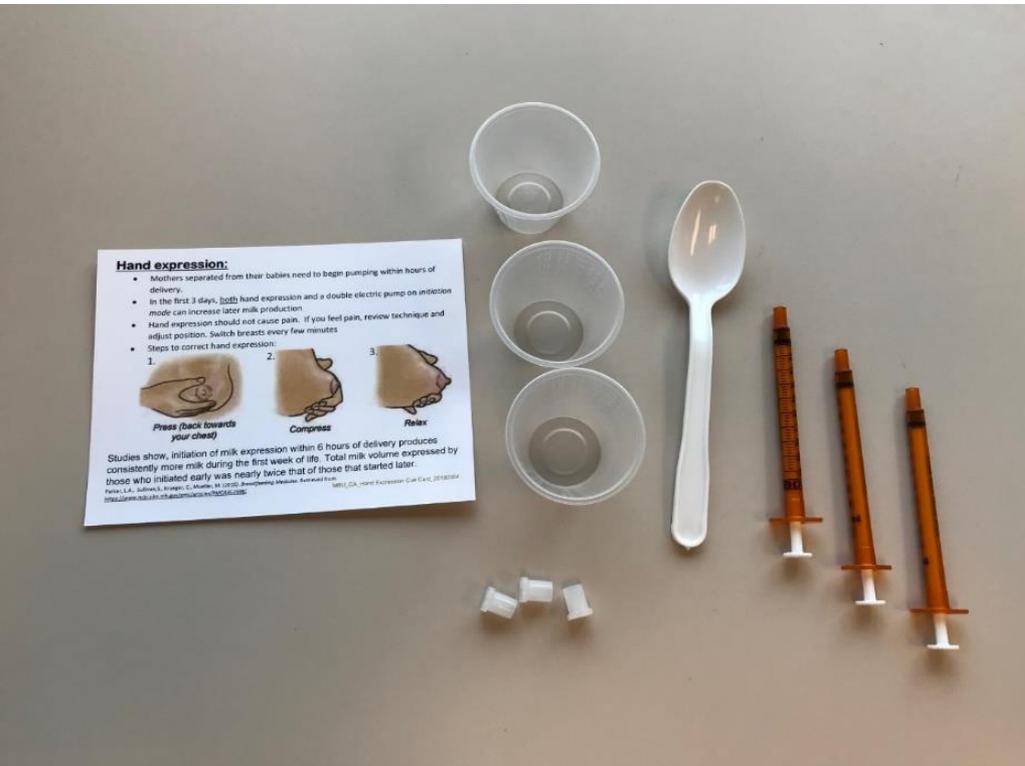


peelregion.ca/parenting

Hand Expression

Hand Expression Kit

Hand expressing in the first 3 to 4 days will help your milk supply.



COLOSTRUM – Every drop is “Liquid Gold”

Breastmilk – making it work one drop at a time



Warm compresses and expression



- Softens colostrum, which is thick and sticky (like honey)
- Stimulates the milk ducts to release milk
- Assists with milk removal to support “supply & demand”

Increases milk supply which helps:

- ✓ Manage feeds of babies with low blood sugar
- ✓ Latching - the baby’s suck will ease with increased milk flow.
- ✓ Decrease need for formula

How to Hand Express

Hold your breast with your fingers and thumb cupped around your breast in a C shape, near but not touching your areola.

1. **PRESS** your fingers and thumb back towards your chest.
2. **COMPRESS** your breast between your fingers and thumb, moving them slightly towards your nipple without lifting them from your breast.
3. **RELEASE** without moving your hand from your breast.
4. **REPEAT**



Press
(back towards chest wall)



Compress



Relax

(Adapted/Reprinted with permission
from the Best Start Resource Centre)

Skin to Skin Care

Skin to skin care allows babies to be close to parents, so they can see feeding cues



Feeding Cues

- Baby's should be fed frequently
- Following their feeding cues helps mother's to know when to feed babies

EARLY CUES

"I'm hungry"



Stirring, Mouth Opening,
Seeking (Turning
head/rooting)

MID CUES

"I'm REALLY hungry"



Stretching, Increasing
physical movement,
sucking on fingers

LATE CUES

"Calm me, then feed me!"



Crying, agitated body
movements, colour
turning red

Feeding Positions

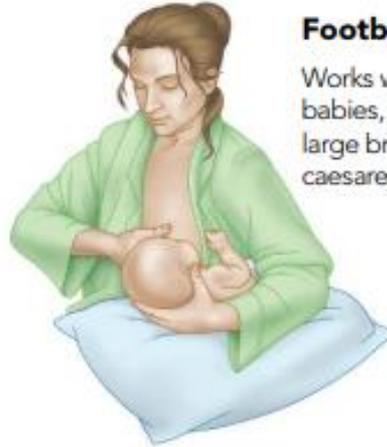
Cross cradle hold

Works well for young babies.



Football hold

Works well for small babies, for women with large breasts or after a caesarean birth.



Below your breast



Cradle hold

Most familiar position but it is best used by mothers who are experienced with breastfeeding.



Side-lying

Takes practice but can be a comfortable position for mother and baby.



Across your body

Source: Reprinted with permission by Nancy Mohrbacher (Illustrations by Allan Moon)

Positioning and Latching – Steps



1. Position yourself comfortably
2. Position baby close to you
3. Support your breast
4. Attach or latch baby onto your breast



LATCH:

A good latch
is the key

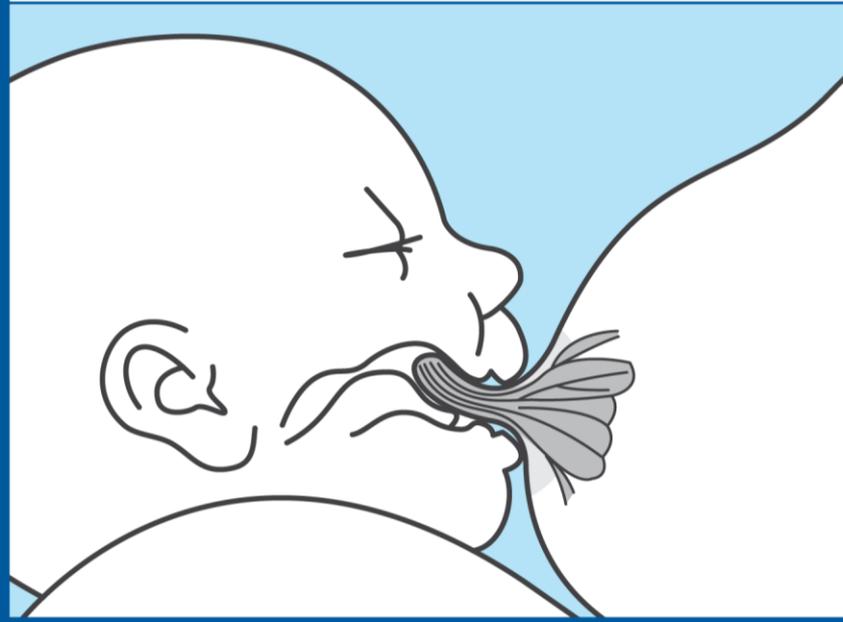
*“Nose to Nipple
Chin to Breast
Tummy to
Mummy”*



THE PROPER LATCH

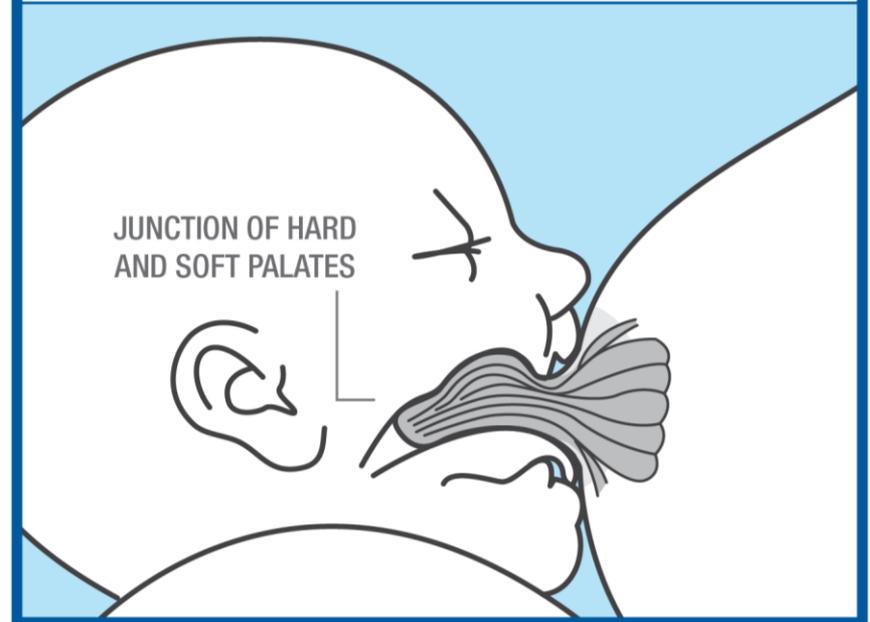
Poor Attachment

Baby has nipple in mouth only and is unable to suck properly



Optimal Attachment

Baby has nipple and most of areola in mouth



How to know baby is feeding well

Dr. Jane Morton – term baby (15min)

[Droplet \(firstdroplets.com\)](http://firstdroplets.com)

HSC video on feeding cues, positioning and latching (10min)

<https://www.youtube.com/watch?v=xWPbykBKEMA>

Global Media Breastfeeding Video (6min)

[Is Your Baby Getting Enough Milk - Video - Global Health Media Project](#)

A photograph of a woman with long brown hair, wearing a white shirt, breastfeeding her baby. The baby is lying on her chest, and she is holding it with her hands. The background is softly blurred, showing what appears to be a bed with patterned bedding. A large green checkmark is overlaid on the bottom right of the image.

How to know baby is feeding well?

- ✓ Baby latches and sucks well at each feed after taking both breasts.
- ✓ Baby wakes for feeding 8 or more times in 24 hours
- ✓ Baby wets and stools in diaper appropriately
- ✓ Baby settles after feeding or goes to sleep
- ✓ Mother's nipples are comfortable during and after feeds.

Tummy Size, Feedings and Elimination

| Your Baby's Age | 1 WEEK | | | | | | | 2 WEEKS | 3 WEEKS |
|---|--|---|--|--|---|--------|---|---------|---------|
| | 1 DAY | 2 DAYS | 3 DAYS | 4 DAYS | 5 DAYS | 6 DAYS | 7 DAYS | | |
| How often should you breastfeed? Per day, on average over 24 hours |  <p>At least 8 feeds per day (every 1 to 3 hours). Your baby is sucking strongly, slowly, steadily and swallowing often.</p> | | | | | | | | |
| Your baby's tummy size |  Size of a cherry | |  Size of a walnut | |  Size of an apricot | |  Size of an egg | | |
| Wet diapers: How many, how wet Per day, on average over 24 hours |  At least 1 WET |  At least 2 WET |  At least 3 WET |  At least 4 WET |  At least 6 HEAVY WET WITH PALE YELLOW OR CLEAR URINE | | | | |
| Soiled diapers: Number and colour of stools Per day, on average over 24 hours |  At least 1 to 2 BLACK OR DARK GREEN | |  At least 3 BROWN, GREEN, OR YELLOW | |  At least 3 large, soft and seedy YELLOW | | | | |
| Your baby's weight | Most babies lose a bit of weight in the first 3 days after birth. | | | | From Day 4 onward, most babies gain weight regularly Following a caesarean birth, baby may not begin to gain weight until day 5. | | | | |
| Other signs | Your baby should have a strong cry, move actively and wake easily. Your breasts feel softer and less full after breastfeeding. | | | | | | | | |

Who needs to pump?

- Early pumping stimulates milk supply
- Hand expression & pumping in the first week, help to build long term milk supply

Pumping is highly recommended for:

- Previous history of low milk supply, latching issues, or breast surgery.
- Diabetic mothers
- SGA or LGA (small or large babies)
- Multiples
- Flat or inverted nipples
- Formula fed breastfeeding babies
- NICU - premature babies

NICU – Premature Babies



Double Electric Pumps



How long can I store my breast milk?

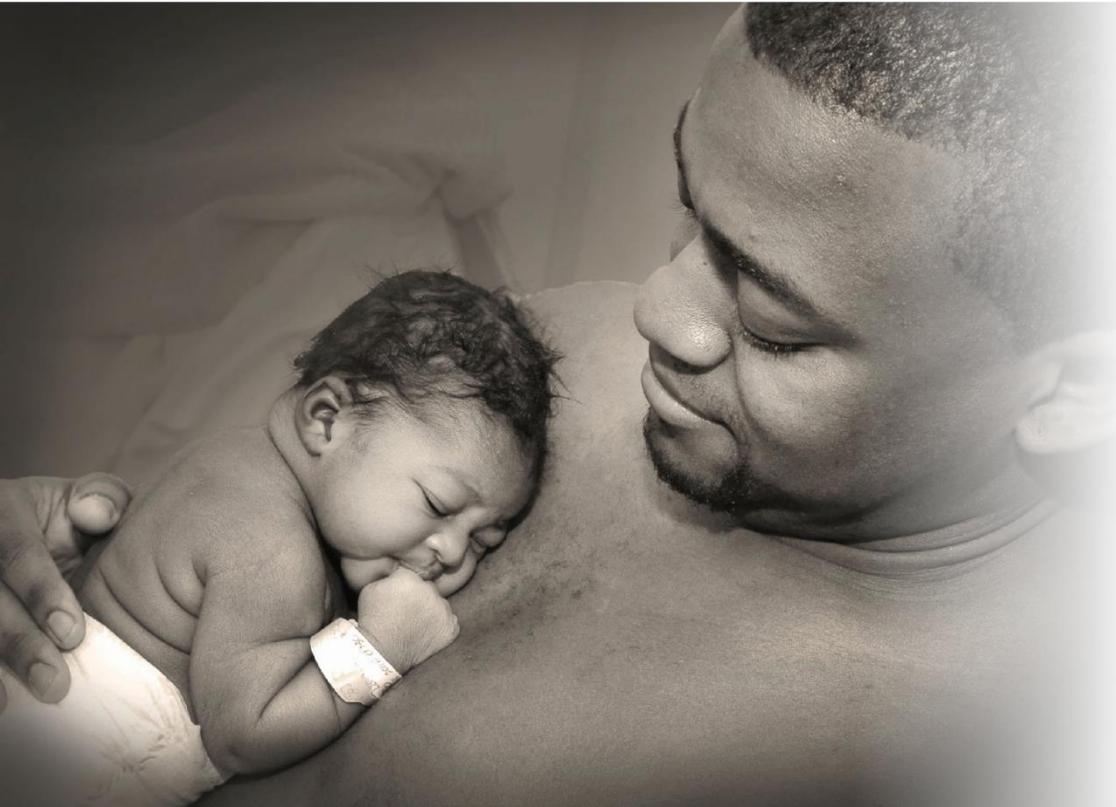
The following guidelines apply to mothers who have a healthy, full-term baby and are storing their milk for home use.

| Place | Temperature | Storage Time |
|---|---|----------------|
| Room temperature | $\leq 25^{\circ}\text{C}$ or 77°F | 6 to 8 hours |
| In refrigerator | $\leq 4^{\circ}\text{C}$ or 40°F | 5 days |
|  Freezer with a 2-door refrigerator | -18°C or 0°F | 3 to 6 months |
| Deep freeze  | -20°C or -4°F | 6 to 12 months |
| Previously frozen breast milk (in the refrigerator) | $\leq 4^{\circ}\text{C}$ or 40°F | 24 hours |
| Insulated cooler with ice pack | | 24 hours |

What foods can I eat while breastfeeding?



Partner/ Family Support



- Recognizing baby's needs
- Teamwork
- Mutual respect and decision making to meet baby's feeding needs.

Community Support

- Babies should be seen in a few days of discharge by their Family MD, Midwife or Paediatrician to assess weight and ensure baby is feeding well.
- Community breastfeeding support can help to build Mom's confidence about breastfeeding
- Breastfeeding is achievable with support.



Community Support

Bilingual Online Ontario Breastfeeding Services – To help you search for breastfeeding services

www.ontariobreastfeeds.ca

Breastfeeding Hotline – Telehealth Ontario offers 24/7 Breastfeeding advice and support service

Tel: 1-866-797-0000

Local public health unit

www.health.gov.on.ca/en/common/system/services/phu/locations.aspx

Virtual appointment with lactation consultant

<https://ontariobreastfeedingclinic.ca/> , <https://lactationclinic.com/>

Community Support

International Breastfeeding Centre

<https://ibconline.ca/>

Support for breastfeeding families

[Home | Halton Baby Friendly Initiative \(babyfriendlyhalton.ca\)](#)

Breastfeeding videos

[Online Support | Mysite \(babyfriendlyhalton.ca\)](#)

La Leche League Canada – For mother-to-mother breastfeeding support

Tel: 1-800-665-4324 , www.lllc.ca

Community Support

Breastfeeding Matters: An Important Guide to Breastfeeding for Women and their Families

www.beststart.org/resources/breastfeeding/breastfeeding_matters_EN_LR.pdf

Breastfeeding for the Health and Future of Our Nation

www.beststart.org/resources/breastfeeding/BFHFN_sept26.pdf

Selection of Educational Breastfeeding Videos

[Breastfeeding - parenting - Region of Peel \(peelregion.ca\)](http://www.beststart.org/resources/breastfeeding/breastfeeding_videos/parenting/parenting_videos/parenting_videos_peelregion.ca)

Sleep Well, Sleep Safe – A booklet for parents of infants from 0-12 months and for all who care for infants

www.beststart.org/resources/hlthy_chld_dev/pdf/BSRC_Sleep_Well_resource_FNL_LR.pdf

Community Support

Canadian Paediatric Society – Caring for Kids

www.caringforkids.cps.ca/handouts/healthy_sleep_for_your_baby_and_child

Public Health Agency of Canada: Safe Sleep resources and video

www.publichealth.gc.ca/safesleep

FASD (Fetal Alcohol Spectrum Disorders) Ontario

www.fasdinfectsaf.ca/en

Risk of Cannabis on Breastfeeding

[Risks of Cannabis on Fertility, Pregnancy, Breastfeeding and Parenting - Best Start](#)