

Tools needed for Section IV:



- The *Breastfeeding Answer Book* by La Leche League International
- The *Breastfeeding Education Guide* by the Colorado WIC Program

Books for Parents

“Dr. Mom’s Guide to Breastfeeding” by Marianne Neifert, M.D.

“The Complete Book of Breastfeeding” by Marvin S. Eiger, M.D. and Sally Wendkos Olds

“The Nursing Mother’s Companion” by Kathleen Huggins, R.N., M.S.

“Breastfeeding: A Parent’s Guide” by Amy Spangler, B.S.N., M.N., I.B.C.L.C.



Section IV: Caring for Mom

During the first weeks of motherhood, it is not uncommon for women to feel tired and fatigued and to have emotional lows and highs. All women’s experiences are different depending on a number of circumstances, including how much support they have at home, whether they had an easy or hard labor, whether their infant is colicky, or how well breastfeeding is going. To help mom during this time period, discuss the following:

- Sleep when the baby does, including at least one nap per day.
- Drink plenty of fluids throughout the day.
- Eat three meals with snacks.
- Ask for help. Family and friends can help with household chores, diapering, bringing baby to mom to nurse, burping baby, etc.
- Let some household chores go.
- Call a friend or relative who has breastfed for support.

Be sure mom has a list of local breastfeeding support resources. La Leche League groups are located throughout the state and hold monthly support groups. Many hospitals have breastfeeding follow-up programs or lactation consultants available for individual consults.

Remind mom that WIC is also a resource and schedule her and her baby for a WIC appointment within the first week after delivery. Make sure she has your name and number and knows she can call you for more information or to discuss any concerns that she might have.

It is also important to recognize that depression is experienced by many new moms. Depressed women are often more socially isolated and may have trouble with breastfeeding and caring for their infant. Mothers experiencing postpartum depression should be referred to their health care provider.

Activity

Check box when completed ✓

Locate your local agency Breastfeeding Resources list, and call two resources on the list, or from the statewide resource list below, to find out more about the services provided. In the space provided below, record the name of the resource and phone number. Record the contact person's name and a brief description of the service.

Provide all moms with a list of breastfeeding resources.

BREASTFEEDING RESOURCES		<u>Notes</u>
Information and Support Services		
Denver La Leche League (& referral to groups statewide)	303-779-6722	
Website: http://www.lalecheleague.org/		
Family Health Hotline	800-688-7777	
Denver Metro	303-692-2229	
Hospitals (contact the hospital nursery where you delivered)		
The HealthOne Lactation Program	303-320-7081	
Consultation services for WIC moms at no cost		
For information about medications and breast milk		
Rocky Mountain Drug Consultation Center (Denver)	303-893-DRUG	
University of California at San Diego Drug Info	900-288-8273	
To locate a lactation consultant		
International Lactation Consultant Association	919-787-5181	
Medela, Inc.	800-835-5968	
Donated Human Milk		
Mother's Milk Bank	303-869-1888	
Breast Pumps and Equipment		
Ameda Egnell	800-323-8750	
Medela, Inc.	800-435-8316	
White River	800-824-6351	
Call me at WIC at _____ after you deliver.		

Nutrition During Lactation

Moms should be encouraged to eat a variety of foods.

The same principles of good nutrition during pregnancy apply during breastfeeding. Moms should be encouraged to **“Eat a variety of foods.”** Many women choose not to breastfeed because they believe that they will need to follow a special diet. Moms need to know there are no “rules” and their diet does not need to be perfect to breastfeed. Research shows that even women who are mildly malnourished produce milk of good quality. If a mother is not eating well, she will still produce high-quality milk but she will compromise her own nutritional needs.

The Food Guide Pyramid is an excellent tool for teaching moms what foods they should try to include in their diet to maintain their own health and energy levels. In addition, the following basic guidelines and tips should be discussed.

Eat to Hunger

Advise the breastfeeding woman to eat to satisfy her hunger. She should be told to trust her appetite—breastfeeding does take additional calories and she may feel hungry more often. Eating smaller meals throughout the day can help satisfy an increased appetite.



Fluids—Drink to Thirst

Advise women to get a glass of water, juice, or milk before sitting down to nurse and to always drink to thirst.

No Need to Eat or Avoid Certain Foods

There are no foods that must be eaten or avoided by the nursing mother. Variety is the key. Eating a varied diet helps introduce different flavors into the baby's diet which may better prepare them for eating solids when they are older. Occasionally there are some foods that may cause fussiness or other allergic symptoms in the breastfeeding baby. This is more common if the family has a history of allergy. Cow's milk is a more common food allergen, possibly due to the increased intake of milk during pregnancy and lactation. If you suspect a possible food sensitivity refer mom to the WIC RD/RN for further evaluation. For more specific information see pages 375-376 in the *Breastfeeding Answer Book*.

Lose Weight Gradually

Women are encouraged to eat to satisfy their hunger. Healthy eating should be the goal, with weight loss being secondary. (See "Tips for Healthy Eating" on the next page.) Breastfeeding requires additional calories (approximately 500 calories) to produce milk. The fat stored during pregnancy and additional calories consumed in the diet are used for milk production. To ensure a woman rebuilds her own nutrient stores and meets the calorie demands of breastfeeding, dieting is not recommended in the early weeks postpartum. The breastfeeding woman generally loses 1 to 2 pounds per month during the first 4 to 6 months of breastfeeding without dieting. Women who are overweight may lose up to 4½ pounds and not have any effect on her milk supply.

A diet lower than 1800 calories should be avoided because it is not possible to consume adequate nutrients from a diet so low in calories. Weight Watchers is a reputable weight loss program that has a special food plan for breastfeeding moms.

The fat stored during pregnancy and calories consumed in the diet are used for milk production.

Tips for Healthy Eating

Fruits and Vegetables

- ★ Snack on raw fruits and vegetables.
- ★ Choose more fresh fruits than juices for more fiber and less added sugar.
- ★ Consume in moderation:
 - Fried vegetables (French fries, hash browns)
 - Juices with added sugar
 - Fruits canned in syrup



Breads, Cereals, Grains

- ★ Emphasize whole-grain breads, cereals, and grains such as oatmeal, brown rice, whole-grain pasta.
- ★ Eat in moderation:
 - Sweetened breads and cereals
 - Products made with added fat (granola, butter-type crackers, croutons, muffins, pancakes, and waffles)



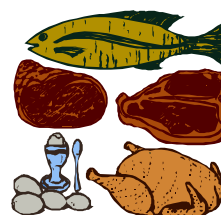
Milk Products

- ★ Choose products made with skim or 1% milk.
- ★ Choose cheeses made with skim milk (farmer, mozzarella).
- ★ Consume in moderation:
 - Cheeses made with whole or lowfat milk
 - Sweetened milk products (fruit-flavored yogurt, chocolate milk, custard, pudding, ice cream)



Protein Foods

- ★ Choose poultry often and fully-cooked seafood 1-2 times per week.
- ★ Choose lean cuts of meat.
- ★ Remove skin and fat before cooking.
- ★ Bake, broil, or poach instead of frying.
- ★ Eat in moderation:
 - High-fat, processed meat (hot dogs, lunch meats, bacon)
 - Breaded or fried varieties (fish sticks, chicken nuggets)





Exercise

Exercise may be resumed at 6 weeks postpartum, with doctor approval. Moderate exercise is generally appropriate and beneficial for the breastfeeding mother. Exercise can be invigorating and provide a sense of well-being. Examples include: walking, water aerobics, bicycling, and swimming. If women are doing higher impact exercise suggest wearing a good support bra. Jostling of the breast can sometimes cause breast infections or plugged ducts.

Caffeine

Caffeine intake of one or two caffeine-containing beverages per day generally does not cause problems for most breastfeeding mothers and babies. Consumption of larger quantities of caffeine has been known to cause an infant to become fussy and wakeful. Sources of caffeine should be considered, including: chocolate, sodas such as cola drinks, Mountain Dew, Surge, and black teas.

Smoking

While smoking should be discouraged during breastfeeding, it is believed that the advantages of breastfeeding outweigh the disadvantages of smoking. Breastfed babies of smokers are known to have a lower incidence of infections and asthma when compared to formula-fed babies whose mothers smoked.

Nicotine does pass into a mother's breast milk which is passed to the infant. Smokers tend to wean their babies earlier compared to non-smokers. This may be a result of reduced milk volumes associated with smoking.

Encourage mom to quit, or at least cut back and to never smoke in the same room. If mom continues to smoke encourage her to smoke after a feeding to reduce the effect on the baby.

Drugs & Alcohol

Alcohol and most drugs are secreted into breast milk. Women who are abusing drugs and alcohol should not breastfeed. For women who have an occasional drink, the American Academy of Pediatrics Committee on Drugs suggest intakes limited to 2-2.5 ounces of liquor, 8 ounces of table wine, or 2 cans of beer (servings based on a 132 pound woman). The breastfeeding woman who chooses to have an occasional alcoholic drink should be advised that alcohol does pass into breast milk. Therefore, it is recommended that if she does drink, she should do so only occasionally and in small amounts, with a meal and after breastfeeding.



Non-hormonal methods of contraception have no known effect on lactation.

Medications

Most drugs are excreted to some degree in breast milk, however, many medications taken by the breastfeeding mother are safe for the infant because minimal quantities of drugs usually appear in the milk. Advise breastfeeding women to check with their doctors prior to taking any over-the-counter or prescription medications. Many medications are safe for a breastfeeding woman or, if they are not recommended, a medication that is safe can sometimes be substituted.

Herbal Remedies, Environmental Contaminants

Caution women against use of herbal products as some may contain psychoactive substances or even be toxic. Some examples of commonly-used herbs include: licorice, comfrey leaves, sassafras, senna, bark, chamomile and some herbal teas, such as Mother's Milk Tea.

Family Planning

It is important for mom to consider a family planning method prior to delivery. Spacing children at least 16 months apart is recommended because it allows a woman time to rebuild her nutrient stores which were compromised during pregnancy and lactation.

Breastfeeding is not a reliable method of contraception. The good news though is that most forms of contraception are safe during lactation. However, it is important that care be taken as to when contraception is initiated.

Contraception Methods

Non-hormonal methods

Non-hormonal methods include sterilization, intrauterine devices (IUDs), barrier (condoms, cervical cap, etc.) and spermicide methods, and natural family methods. Permanent methods of contraception include tubal ligation and vasectomy and should only be considered by couples who are confident in their decision to end child-bearing. These non-hormonal methods of contraception have no known effect on lactation.

Hormonal Methods—Containing Progesterone-only

Norplant implants, DepoProvera injections, and “mini-pills” or progesterone-only oral contraceptive pills are examples of progestin-only methods. Use of these methods during lactation are safe and may even increase milk volume. However, it is recommended that progestin-only methods not be used by breastfeeding women in the first 6 weeks postpartum.

Hormonal Methods—Containing Estrogen

Contraceptives containing estrogen have been shown to suppress milk production and should not be used by the lactating mother.

Key Points



Advise Mom to:

Eat a varied diet to satisfy hunger

Drink to thirst

Eat and drink frequently throughout the day

Sleep when baby sleeps

Accept help

Expect gradual weight loss

Limit caffeine intake

Avoid cigarettes, alcohol, and drugs

Check with doctor before taking any medications

Avoid using herbs and herbal remedies

Choose a family planning method prior to delivery

Wait to start progesterone-only hormonal methods until 6 weeks postpartum

Do not use any estrogen-containing contraceptives

Section IV – Activities

Check box when completed ✓

Review Section IV, “Caring for Mom,” in the *Breastfeeding Education Guide*.

Review each of the educational pamphlets listed at the end of Section IV in the *Breastfeeding Education Guide*.

Review and assess the following 24-hour food recall and answer the following questions:

1) How would you advise her on her consumption of caffeinated beverages?

2) What other recommendations would you give her?

Optional Activity:

Visit a friend or relative who just delivered or accompany a public health nurse on a home visit of a new breastfeeding woman and provide assistance and support as needed.

Answers:

1) Show mom her diet questionnaire and point out that her caffeine intake is quite high. Explain to mom that routine intake of 2 or more cups of coffee or caffeine-containing beverages can cause wakefulness and fussiness in her baby. Suggest substituting caffeine-containing beverages with juice, water, milk, seltzer water, lemonade, or non-caffeinated sodas.

2) Mom has done a great job eating throughout the day and had a fairly good intake of dairy that day. It appears, however, that she is not eating enough to get a wide variety of foods in her diet. It may be helpful if mom could consider adding a fruit and vegetable and a meat or meat alternative at each meal. And if she is able to substitute the caffeine beverages for juice or milk, she'll get many of the nutrients she needs to stay healthy.

COLORADO WIC PROGRAM 24-HOUR FOOD RECALL

WIC Client _____

NAME

20

AGE

3/22/98

DAY/DATE

Please write down everything you (or your child) eat or drink on a typical day. If yesterday was a typical day, you may write down those foods. Begin with the first thing eaten after getting up until the last thing eaten before bed time. If you or your child get up and eat or drink during the night or eat or drink anything between meals, please list those foods too. Tell us as much as you can about how the foods were prepared (baked, fried, raw, etc.) and how much you eat in cups, teaspoons, or ounces.

FOOD OR DRINK			FOR STAFF USE ONLY						
TIME	EATEN	AMOUNT	Dairy Prod.	Meat/ Meat Alt.	Bread/ Cereal	Fruits/ Vegs	Vit. A	Vit. C	Other
8 a.m.	Eggs (hard boiled)	2		1					
	Coffee	2 cups							1
1 p.m.	Taco	1	1/2	1/2	1	1/4	1/2		
	Corn Chips	Small svg.							1
	Coke	20 oz.							1
3 p.m.	Potato chips	1 bag							1
	Mountain Dew	1 can							1
7 p.m.	Macaroni & cheese	1 1/2 cups	1		2				
	Chocolate milk	12 oz. cup	1 1/2						
10 p.m.	Ice cream	3/4 cup	1/2						
Total Servings Eaten			3 1/2	1 1/2	3	1/4	1/2		5
Suggested Servings Needed			4	3	6	5	1	1	
Adequate (A) or Inadequate (I)			I	I	I	I	I	I	

Assessed by: _____ (Staff)

WIC #425 (rev. 5/96)

Section IV– Quiz
(10 possible points)




- (2 points) 1. List two suggestions you would give a mom to help her during the early weeks postpartum.
- (2 points) 2. What recommendations would you give to a woman who is unable to stop smoking?
- (1 point) 3. T or F It's best for the nursing mom to limit her consumption of caffeine to no more than 2 cups per day.
- (1 point) 4. T or F If the nursing mom smokes, she should be told not to breastfeed.
- (1 point) 5. T or F There are no fluid quantity recommendations. Moms should be told to drink to thirst.
- (1 point) 6. T or F A breastfeeding mom needs to follow the Food Guide Pyramid precisely in order to produce enough milk.
- (1 point) 7. T or F Hormonal-type contraceptives should be started immediately after delivery.
- (1 point) 8. T or F Breastfeeding is a good method of contraception if a mother's menstrual period has not returned.

Answers	
1) Any of the suggestions listed under the section "Support for Mom."	
2) Try to cut back on the number of cigarettes smoked; always smoke away from the baby and after a feeding.	
3) T	
4) F; the benefits of breastfeeding outweigh the risks of smoking	
5) T	
6) F; women should be encouraged to eat a variety of foods, using the Food Guide Pyramid as a guide.	
7) F; hormonal contraceptive methods should not be started until lactation is well established—wait until at least 6 weeks postpartum.	
8) F; breastfeeding should not be used as a method of contraception.	

How Do I Rate?

10 points	=	Expert
8-9 points	=	Good Job!
6-7 points	=	Go Back and Look Over Major Points
<6 points	=	Review Entire Section



Optional Reading

“A Review of the Medical Benefits & Contraindications to Breastfeeding in the United States,” Ruth A. Lawrence, *Maternal & Child Health Technical Information Bulletin*, October 1997.

Dr. Mom’s Guide to Breastfeeding, Marianne Neifert, M.D. Chapter 6, “Daily Life While Breastfeeding.”

The Breastfeeding Answer Book, La Leche League, Chapter 18, “Sexuality, Fertility and Contraception.”

“Contraception During Breastfeeding,” Kathy Irene Kennedy, *Colorado Breastfeeding Update*, Winter 1997-Vol 6, No. 1.