



# Breastfeeding E-News

## Supporting Breastfeeding in the Early Weeks by Libby Rosen, RN, PhD, IBCLC

"Preparing for the *Delivering Change* conference in Junction City, July 18<sup>th</sup>, 2014 ([conference information](#)), I came across two articles that clearly described from the mothers perspective the challenges faced when breastfeeding and what is needed to overcome the challenges. Wagner, Chantry, Dewey and Nommsen-River <sup>1</sup> reported that 92% of women on day three were having problems, 50% reported 'latch on issues', 44% 'pain' and 40% 'insufficient milk supply.' This reinforces Gwen Whittit's (Current President of KBC) statement made when teaching the final High 5 for Mom & Baby practice of assuring follow up and support, "It is not 'if' they will need follow up support but 'when' they will need support". Wilson et. al<sup>2</sup> found in a phenomenological study addressing the lived experience of overcoming breastfeeding challenges that three themes emerged when interviewing woman about how they managed to overcome issues: anticipatory guidance; breastfeeding being intertwined with maternal-role attainment; and self-resiliency.

As advocates for breastfeeding across Kansas we must provide anticipatory guidance to assist women and their families to have realistic expectations about sleep and feeding. Moms need to know that their baby develops his/her sleep cycle starting at 32 weeks gestation and this is reflected in the their pregnancy nighttime awakenings and bathroom visits. In reality the baby wakes them up and he/she will continue with nighttime feedings matching those awakenings of late pregnancy.

Parents need to know that babies:

1. only average 14.65 hours of sleep in 24 during their early months and that feedings and interacting will take up the other 9.35;
2. "8 or more in 24" is the motto for feedings;
3. skin-to-skin is important for all babies as they transition to extra-uterine life and will help reduce breastfeeding challenges; and
4. follow up support with lactation consultants or community support is essential.

Community coalitions need to be sure that the right information gets into the right hands and recognize the internet as an information source for young families. We need to also facilitate maternal-role attainment being supported by our communities. New moms must be supported and "mothered" by family, friends and community and not expected to do more than learn to be a mom and adjust. These factors and all we do across the state to support new moms will enhance their resiliency in overcoming some of the challenges they may face as they make the important choice for themselves, their families and society.

1)Wagner, et al. Breastfeeding Concerns at 3 and 7 Day Postpartum and Feeding Status at 2 months. *Pediatrics* 2013. 132-4 e865-3875

2)Wilson, et.al Overcoming Breastfeeding Challenges: A Qualitative Inquiry. *Clinical Lactation* 2012, Vol. 34 155-160

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## Mother of Very Young Children Work in Low-Wage Jobs

The National Women's Law Center (NWLC) recently released an analysis of working mothers. They found that nearly one in five working mothers with young children work in low-wage jobs. Mothers of very young children are over represented in low wage occupations – over all fourteen percent of the total workforce is found in low-wage occupations while nineteen percent of mothers of very young children workers are found working in low-wage occupations. In Kansas, 22.1 percent of the work force are mothers of very young children in low-wage occupations; ranking Kansas eleventh in a list of states with the highest rates. Read the entire [issue brief](#).

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### In the News

- Deanna Hanson-Abromeit, an assistant professor of music therapy and music education at The University of Kansas, is researching how music can help premature babies manage external stimuli. Mothers naturally hum and sing to their infants so perhaps this study will validate what mothers already know. Learn [more](#).

- The International Lactation Consultant Association has published a newly revised [Position on Infant and Young Child Feeding in Emergencies](#). The new statement emphasizes that during an emergency support should include assistance for exclusive and continued breastfeeding, safe artificial feeding where breastfeeding or provision of human milk is not possible, and appropriate complimentary feeding for all infants and young children.



- The April podcast from the Academy of Breastfeeding Medicine covers updates on Going Home, and a review of Breastpump Use and Injuries with cohosts Anne Eglash MD and Karen Bodnar MD. Dr. Bodnar reviews the latest updates with the Academy of Breastfeeding Medicine Going Home Protocol, which outlines how to maximally support breastfeeding at the time of hospital discharge. They also discuss recent research on the types of breast pumps mothers use, the problems they have, and the injuries they report. Recorded in February 2014. Find a list of the podcasts on iTunes [here](#).

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### Thought for the Day

“The benefits to the mother of immediate breastfeeding are innumerable, not the least of which after the weariness of labor and birth is the emotional gratification, the feeling of strength, the composure, and the sense of fulfillment that comes with the handling and suckling of the baby.”

- Dr. Ashley Montagu



# Size and volume of a Newborn's Stomach



**Day one**

Size of a Cherry

5-7 ml/ 1/2 Tsp



**Day Three**

Size of a Walnut

22-27 ml/ .75-1oz



**One Week**

Size of an Apricot

45-60 ml/ 1.5-2 oz



**One Month**

Size of a large egg

80-150 ml/ 2.5-5 oz