

Beginning Breastfeeding

Time: 20 - 30 minutes total

Purpose: Teach women optimal positioning, latch on, and other techniques for getting breastfeeding off to a good start.

Objectives: Participants will be able to:

- 1). Demonstrate correct positioning and latch on technique in the newborn period.
- 2). State one or more strategies for initiating & maintaining breastfeeding in the hospital setting.

Materials: Video "Breastfeeding: A Guide to Successful Positioning"
VCR
Teaching dolls
Breast model
Large book or small sturdy box to use as footstool
"Positioning" (FM-492) tear off sheet
"Starting a Feeding" (FM-493) tear off sheet
Chair with arms
Breastfeeding Log (PM-400)
Pillow
Washcloth or small towel

1. Introduction –Though breastfeeding is natural, it's a learned skill for both mother and baby. Correct positioning and latch on can make all the difference in succeeding at breastfeeding. After the video, you'll all have a chance to practice what you've learned.
2. Distribute teaching dolls
3. Ask for a volunteer to demonstrate the mother's positioning.
 - Get her comfortable.
 - Use a straight chair or use a pillow to position her so that her back is straight. This helps get a better latch and avoid back strain.

BREASTFEEDING LESSON PLAN #3

- Point out that it is even more comfortable if the chair has arms. Or suggest using a couch with arms.
 - Use the large book or small box as a support for the mother's feet so that her lap is flat and she's not balancing on her toes.
4. As a group, have everyone try the cross cradle hold & football
- Talk about why the traditional cradle hold is not good for new mothers and babies learning to breastfeed. It is more difficult to latch the baby on. It doesn't allow the baby to extend the head to get a better latch.
 - Show how women with pendulous breasts may need to put baby on a pillow across the lap instead of holding in her arms.
5. Show the C-shaped breast support.
- Use the breast model to emphasize the need to keep the fingers well away from the nipple and off the areola.
 - Explain why the scissors hold is no longer recommended. It prevents effective latch and may flatten the nipple
 - Show how large breasted women may need to use a towel roll underneath the breast to give more support and make nipple easier to grasp.
6. Latch on – Use the breast model
- Point out why it's important for the baby to open wide. A wide mouth puts the jaws out on the widest part of the milk ducts.
 - A wide mouth positions the mother's nipple far back in baby's mouth so it's protected. Grasping only the nipple will cause pain and give less milk.
 - Describe signs of a good latch:
 - Lips are flared out
 - Tongue is forward and wrapped around the nipple
 - Soft swallowing is heard during nursing.
7. First breastfeeding in the hospital:
- Ask to nurse during the first hour after delivery
 - Keep the baby in the room with you and nurse whenever he/she stirs
 - Attempt to nurse every 2 hours. Awaken baby if needed.

BREASTFEEDING LESSON PLAN #3

- Watch the baby for clues when he/she is finished. Most new babies will nurse about 15 – 20 minutes.
 - Use the Breastfeeding Log
 - A. Record each time baby wets or stools.
 - The number of wets and stools will increase each day
 - By 3-5 days, expect the baby to have 6 or more wets and 3 or more soft yellow stools.
 - B. Record each time baby nurses
 - This should increase each day
 - Once the milk is more abundant, the average baby will nurse 8-10 times in 24 hours.
 - Avoid formula, water, pacifiers, and bottles until breastfeeding is going well.
 - Ask for help if breastfeeding hurts.
8. Show video – 12 minutes in length.
9. Distribute the two tear off sheets.
10. **Summary statement:**

Today you've practiced positioning and latch on. It is normal to feel awkward at first. It gets easier with time as mother and baby get better at breastfeeding.