



REDUCING SUPPLEMENT USE


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THE HOW



Prenatal Education
Early Contact after
delivery
Pumping
Frequent follow ups

THE WHY

- 
- Nipple "confusion"
 - Gut Microbiome and reduced immune defense
 - Reduced or delayed milk supply
 - Sabotage moms breastfeeding goals

PRENATAL EDUCATION

EXPECTATIONS

BREASTFEEDING
CLASSES THRU BAM

BPC 1 ON 1
USE COFFECTIVE



GET INTO BPC PRENATALLY



	1 RD	3 RD	Blank Line	1 Clerk	Blank	BFPC
08:30 AM						
:45 AM						
09:00 AM						
:15 AM						
:30 AM						
:45 AM						
10:00 AM						
:15 AM						
:30 AM						

08/07/2019
WIC Category PG
Elig. End 2/29/2020

May, 2019	New Certification
June, 2019	
July, 2019	
August, 2019	Breastfeeding Peer Coi
September, 2019	
October, 2019	
November, 2019	Nutrition Ed +
December, 2019	
January, 2020	
February, 2020	

Normalize the challenges



LEARNING TO LATCH

Finding what
feels good.

Identifying
baby cues

It may take
time!



GOING HOME

Finding
routine
Know support
systems.
Focus on
feeding and
resting



FIRST WEEK

Wet and dirty
diaper
expectations
1 wet per day
old for 4 days.

No meconium
by day 5



FEEDING FRE- QUENCY

Small
amounts of
milk often,
small stomach

Cluster feeds

VALID REASONS

- *Weight Gain*
- *Hydration/Output*
- *Inadequate milk supply*

REFER



PERCEIVED LOW MILK SUPPLY

FREQUENT FEEDINGS
PARENT EXHAUSTION
UNREALISTIC
EXPECTATIONS
POOR MILK TRANSFER



(Photo: Jo Tunney/Shutterstock)





JAMIE GRILL/GETTY IMAGES

newborn baby lapping colostrum with his tongue. Image courtesy of Breastfeeding Resources Ontario from <https://spectra-baby.com.au/baby-bottles-breastmilk-feeding/>

WEIGHT CHECKS AND CONFIDENCE



DAILY, SAME TIME

Offer a public scale in the
breastfeeding room.

SAME WEEK

See weight progress, observe a
feeding

*FOLLOW UP BY
PHONE*

Mom may not call to give updates.



Formula

Assess for moms goals
related to formula



Breastmilk

Assess for
moms goals
related to
breastfeeding

