



Preparing for Birth



A typical birth plan means thinking about:


- Who will be with you before/after?
- How will you feed the baby?
- What if there is a change of plans?





Most births start with skin-to-skin contact, even after a cesarean birth.


- Helps mother and baby bond
- Facilitates breastfeeding, or
- Time for first bottle feeding



Breastfeeding after birth is encouraged, even with Covid-19.

Mom should:

- Wear a mask
- Practice hand-washing
- Be monitored
- Be prepared for a shift in plans



Postpartum Care and Feeding Recommendations



- Keep mom and baby together ("rooming in") unless medically necessary
- Limit or allow no visitors
- Postpartum education around feeding may feel rushed and not well understood by the parents
- Prenatal preparation is key
- Immediate access to postpartum resources for feeding support

Decision to Formula Feed



Choosing an Infant Formula:
Where do we start?



Informed Decisions



- Majority of U.S. formula feeding mothers did not receive instruction from a health professional on:
 - Formula preparation (77%)
 - Safe storage (73%)
- Formula Feeding Mothers:
 - 30% did not read the safe-use instructions on the package.
 - 38% thought powdered formula (not sterile) and ready-to-feed (sterile) were unlikely to contain germs.

Source: Infant Feeding Practices Study III (Labiner-Wolfe, et al 2008)

Feed Me Formula Safely!

In mothers with the youngest babies:

- 55% did not wash their hands with soap before preparing powdered formula.
- 32% did not adequately wash bottle nipples before each use.
- 35% heated bottles in a microwave oven.
- 6% did not always discard formula that had been standing out for more than 2 hours.



Source: Infant Feeding Practices Study II



FLORIDA STATE UNIVERSITY CENTER FOR PREVENTION & EARLY INTERVENTION POLICY

Feed Me Formula Safely!

- Rethink mixing formula with tap water
- Rethink process for sterilizing bottles
- Revisit the “old days” of boiling water and having sterilized bottles and utensils
- Know your water source!



FLORIDA STATE UNIVERSITY CENTER FOR PREVENTION & EARLY INTERVENTION POLICY

Selecting Baby Formula



FLORIDA STATE UNIVERSITY CENTER FOR PREVENTION & EARLY INTERVENTION POLICY

Unexpected Feeding Outcomes

Mom may find herself switching gears:

- Too ill to breastfeed baby
- Struggling with no hands-on help
- Baby who won't latch
- Worried about her own health issues
- But really wants to provide her own milk

"It's important to recognize the feelings of loss and grief that often come from unexpected feeding outcomes. We must reassure moms that their babies adore them and that love doesn't change based on feeding method."

Jacque Ordner, RN, BSN, IBCLC
—Lactation Consultant, Chicago



FLORIDA CENTER FOR PREVENTION & EARLY INTERVENTION POLICY

The Pumping Option



**Pumping should mimic
a baby's feeding routine.
About 8-10x in a 24-hour period!**



*"Pumping is still
breastfeeding!"*

Melissa Portunado, MPH, IBCLC
Lactation Consultant, Miami



FLORIDA CENTER FOR PREVENTION & EARLY INTERVENTION POLICY



**Pumping when your
newborn stays
in the hospital**

Your baby may need to stay in the hospital until he's strong enough to go home. It's not unusual for this to happen. But you can still pump milk for your baby while he's in the hospital. This is called "pumping in the hospital." Pumping in the hospital can help you get a good start on breastfeeding when you go home. It can also help you get a good start on pumping at home. Pumping in the hospital can help you get a good start on breastfeeding when you go home. It can also help you get a good start on pumping at home.



FLORIDA CENTER FOR PREVENTION & EARLY INTERVENTION POLICY

You can go to school or work & breastfeed too!

If you are returning to work or school, you still have the option to breastfeed. You can breastfeed when you are at work or school. Here are some tips to help you decide if you want to breastfeed at work or school.

It takes to plan ahead and be organized

The right location

- Find a quiet place where you can relax and your baby is safe.
- Find a place where you can pump or breastfeed.
- Find a place where you can store your milk.

Be like a pro

- Plan ahead and be organized.
- Find a quiet place where you can relax and your baby is safe.
- Find a place where you can pump or breastfeed.
- Find a place where you can store your milk.

Breast Pump Hygiene Practices

- Wash hands before touching pump or bottle parts.
- Follow strict guidelines for keeping pump clean after each use.
- Wipe outside of pump with a disinfectant wipe as germs and viruses can live on plastic for a day or two.
- Especially important for a mom who travels with her pump or uses it in public places.

Bottlefeeding With Love

- Whether breastmilk or formula, important to teach appropriate bottlefeeding skills.
- Over-feeding is easy with a bottle so make sure family knows how much to give at one time.
- Always use feeding time as opportunity for conversation, comfort, and nurturing.

How Much Breastmilk Does Baby Need?

- In exclusively breastfed babies, milk intake increases quickly during the first few weeks of life, then stays about the same between one and six months.
- After six months, breastmilk intake will continue at this same level if baby is eating complementary foods.
- Breastfeeding gives babies more control over milk intake.
- If Mom is exclusively and successfully pumping, she will be able to pump about 25 oz. per day.



How Much Formula Does Baby Need?



- Newborns: 2-3 ounces per feeding about every 2-3 hours
- By the end of the first month: about 4 ounces per feeding, about every 4 hours.
- By six months: 6-8 ounces per feeding, 5 or so times in 24 hours. (AAP, 2012)

Formula-fed babies typically consume **much more milk** at each feeding than breastfed babies.

What if my baby drinks way more than that?

- If baby drinks too fast (breastmilk or formula) the satiation signal has trouble keeping up and baby may act hungry even after all the milk is gone.
- Follows baby's cues indicating hunger, rather than on a schedule..
- Do not let baby drink from a bottle when lying down.
- Switch from one side to the other midway through feeding. This mimics breastfeeding and provides for cross connectivity in the brain, which has been found to increase IQ.
- Best to bottle feed over 10-20 minutes to mimic the normal breastfeeding experience.

So why are there differing amounts?

Question from mom:

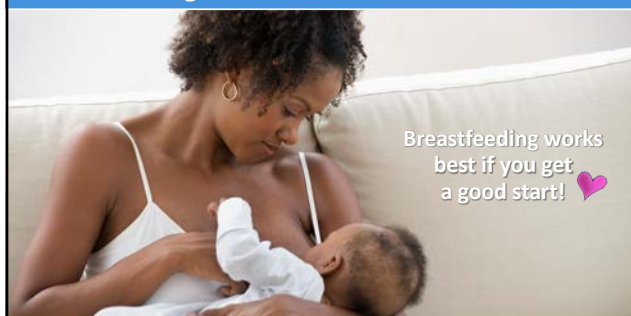
Why does my breastfed baby take at most 4 ounces from the bottle when another baby at the center who is a formula-fed baby, takes 7 or 8 ounces? Am I not producing enough?

Answer:

Mother's milk and formula are metabolized differently. Formula-fed babies need more milk to meet their nutritional needs. Formula is also missing hormones, such as leptin, which help babies regulate appetite and energy metabolism.



Breastfeeding From the Start



Getting the Best Start



- Prenatal education and assessment
- Skin-to-skin contact as soon as possible after birth
- Initiate breastfeeding in the first hour
- Leave mom and baby undisturbed as much as possible during the magic hour after birth
- No pacifiers or bottles until breastfeeding is going well

Don't Give Up. Get Help!







Your Postpartum Visit

Appointment Date: _____ Time: _____

I am getting this for: _____
If there are other children, _____ will come for them.

What will happen?
You will have a physical exam to check your breasts, see if your uterus is back to normal, and to make sure your body is healing as expected.

At your visit be sure to talk with your doctor or midwife about:

<input type="checkbox"/> Breastfeeding	<input type="checkbox"/> Mental health, mood, stress, or anxiety
<input type="checkbox"/> Baby's weight or growth	<input type="checkbox"/> Baby's behavior
<input type="checkbox"/> Difficulty getting into or out of bed	<input type="checkbox"/> Baby's feeding
<input type="checkbox"/> Complications, such as blood clots, or other problems	<input type="checkbox"/> Baby's growth
<input type="checkbox"/> Breast pain or feeling of swelling	<input type="checkbox"/> Baby's weight
<input type="checkbox"/> Fatigue or lack of energy	<input type="checkbox"/> Baby's behavior

Be your chief! You should ask any questions you still have about your baby and delivery and about adjusting to motherhood.

Let's start a list of questions or topics you want to discuss at your visit:

Are my medications safe while I am breastfeeding? _____

What documentation do I need to return to school or work? _____

Other questions: _____

Remember to keep your baby home visiting card. Baby's age: _____


Current Feeding Recommendations


- Only breastmilk for first 6 months.
- Continue breastfeeding for 12 months or as long as mom and baby desire.
- If breastfeeding is not desired or possible, a U.S. brand of infant formula.
- No cereal or baby foods mixed into the bottle.
- First foods should be introduced at 6 months with readiness signs.
- Sitting up, reaching for food, teeth.







Stay in Touch!

 **FSU Center for Prevention & Early Intervention Policy**
www.cpeip.fsu.edu

 **Partners Facebook Home Visitor Support Group**
www.facebook.com/PartnersFSU

 **Partners Instagram**
@fsupartners

 **Partners Twitter**
@FSU_CPEIP

 *thank you!*
