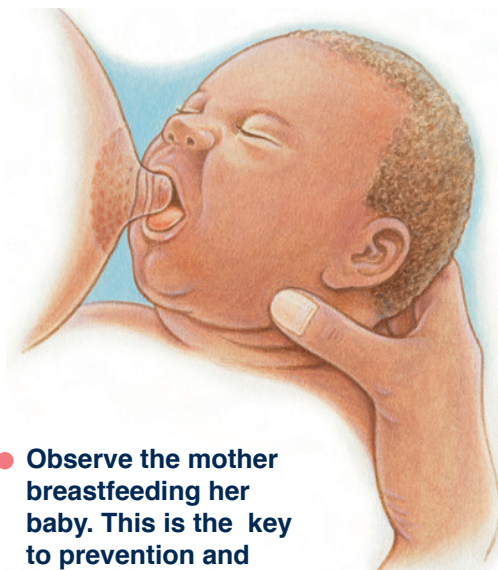
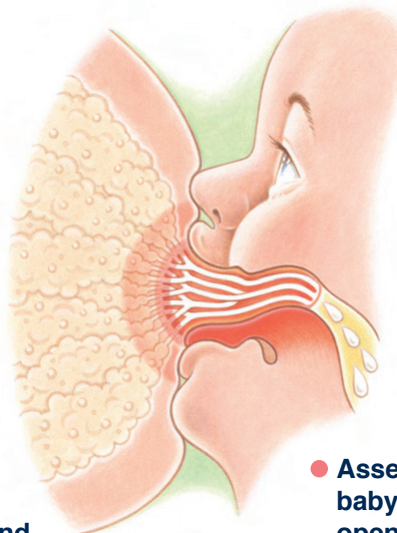


Breastfeeding Consultants will...



- **Observe the mother breastfeeding her baby. This is the key to prevention and early identification of breastfeeding problems.**

- **Assess the baby. The baby has the right number of wet and soiled diapers, a moist mouth, bright eyes, is alert, and gaining weight steadily.**



- **Assess positioning and proper alignment of the mother and baby. Ensure maternal comfort.**

- **If breastfeeding problems persist, reassess and try current evidence-based management strategies. Refer to someone skilled with helping breastfeeding mothers and consult with a physician as needed.**

- **Assess the latch. The baby's mouth is wide open, the lips are flanged and the chin is pressed into the breast. Check for signs that the baby is drinking.**

METHODS TO INCREASE MOTHER'S MILK SUPPLY AND BABY'S INTAKE

- Correct position and latch
- Increase number of feeds
- Use breast compressions during feedings
- Switch breasts several times in the same feeding
- Express milk after feeds

MEDICAL INDICATIONS FOR SUPPLEMENTATION

The WHO provides a complete listing of medical indications for supplementation at the following link: www.who.int/nutrition/publications/infantfeeding/WHO_NMH_NHD_09.01/en/

Medical indications for supplementation are also found in the Breastfeeding Committee for Canada's document titled Baby-Friendly Initiative 10 Steps and WHO Code Outcome Indicators for Hospitals and Community Health Services. The link to this document is: <http://breastfeedingcanada.ca/BFI.aspx>

ACCEPTABLE BREASTFEEDING SUPPLEMENTS

First Choice: Fresh breast milk from baby's mother

Second choice: Previously expressed breast milk from baby's mother

Third choice: Pasteurized donor breast milk

Fourth choice: Commercial cow milk based infant formula

PROVIDING BREASTFEEDING SUPPLEMENTS

When supplementation is required, one of the following techniques may be used:

- Cup, spoon, dropper or finger feeding
- Supplemental nursing device at the breast
- Bottle feeding

Encourage mothers to hold their baby skin-to-skin as soon as possible after birth for continuous and prolonged periods of time. If they cannot hold their baby skin-to-skin, encourage a support person chosen by the mother to do this.