

Pump it Up: Supporting Moms Who Choose to Pump or Supplement

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Objectives:

1. Name two ways formula supplements impact milk production.
2. Identify at least two reasons women choose to exclusively pump breastmilk, and ways to support that decision.

Impact of Direct Breastfeeding

- Breastfeeding is about more than the milk
- Benefits of direct breastfeeding:
 - Skin-to-skin contact, which affects respiration, heart rate, and neurological development
 - Attachment
 - Higher health outcomes
 - Lower rate of obesity (self-regulation of intake)

Why Women Choose to Exclusively Pump

- Early breastfeeding problems (formula or a breast pump seen as solutions)
- Embarrassment to directly feed the baby at the breast
- Perception that using a pump will be easier
- Previous trauma or sexual abuse
- Attraction of a “gadget”
- Normalization of pumping in society
- Began pumping for a medical reason (ex: preterm baby)
- Return to work early

Potential Problems with Pumps

- Extra work
- Tissue damage
- Lack of electrical power in emergencies
- Bacterial issues
- Defective pumps or contamination from second-hand pumps

Counseling Mothers who Only Want to Pump

- Watch our judgments
- Open-ended questions to identify motivators
- Focus on mother's goals
- Affirmation
- Giving evidence-based information to make an informed choice

Tips for Successful Pumping

- Selecting the proper pump and flange size for the mother's situation
- Maximizing the milk ejection reflex
- Using "hands on pumping" techniques

Helping Mothers with Conflicting Emotions

- Grief over loss of direct breastfeeding
- Sleep deprivation and overwhelmation
- Lack of support/confidence
- Guilt
- Resenting the pump

When Supplements Often Begin – the Hospital

- Babies delivered in community hospitals more likely to be supplemented. [Kurini & Shiono 1991]
- Highest risk TIME for supplementation in the hospital is between 7 p.m. to 9 a.m., regardless of when the baby was born. [Gagnon 2005]
- Study of Washington, D.C. WIC mothers found that 78% of breastfed infants were supplemented during the hospital stay; 87% without medical indication. 20% were never told why their baby was supplemented. Most common reasons for supplementation were:
 - Perceived insufficient milk
 - Belief baby was lactose intolerant because of fussiness
 - To help the mother sleep[Tender 2009]
- Babies supplemented in the hospital are 4x more likely to have weaned by 3 months of age. Supplements given for medical reasons do NOT seem to impact duration. [Ekstrom 2003]
- The younger the baby when supplements are given, the shorter the BF duration. [Hornell 2001]
- Supplements given on Day 1 are the biggest deterrent to continued BF duration [Bolton 2009]

Reasons Mothers Say They Began Formula Supplementation

- Hospital gave supplement (most do not give information on continued supplementation)
- Perceived insufficient milk
- WIC mothers who did not attend a prenatal breastfeeding class are 4.7 times more likely to supplement! [Tender 2009]

Formula Changes Things!

- Stomach is at greater risk of allergy sensitization from non-human milks.
- Significantly alters gut flora.
- B-Lacta-albumin is an environmental trigger for allergies and diabetes. [Cantani 2003]

Counseling Mothers who Choose to Supplement

- Ask the right questions
- Supporting the mother's infant feeding goals
- Never make assumptions; look for hidden motives
- REFER!
- Praise!

Helping Moms Maintain Production While Supplementing

- Supplementing the younger baby (<4 weeks)
 - Encourage exclusive breastfeeding at the breast for the first four weeks
 - When supplements are medically necessary or the mother's choice, consider using "Mom's Own Milk"
 - Supplement at the breast if acceptable to the mother
 - Pump or hand express milk to keep breasts drained and well stimulated
 - Breastfeed or express milk at night
 - Seek support from family
- Supplementing the older baby
 - Assess for adequate milk production
 - Breastfeed or express milk at night
 - Breastfeed before giving supplements to maximize milk drainage
 - Fully drain breasts at least once a day, if possible
 - Rebuild production, if necessary [See "Helping Moms Gain Confidence in Their Milk Production" handout]
- Bottom line: supporting the mother's goals



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