The Deleterious Effects Of Timing, Scheduling, Measuring, and Recording....

Edith Kernerman, IBCLC © 2014
Induced lactation

Biological mother pumping in excess of 25 oz/day when babies were born healthy at 35 weeks.
Test weighs and NG tube aspiration measurement after breastfeeding with NG tube top up.
Boy allowed (by hospital staff) to breastfeed more frequently than girl. No rationale provided.
Boy breastfed extremely well.
1st weight after feeding showed no gain
2nd weight showed 85 gm gain
3rd weight showed 34 gm gain.
Intake recorded 34 ml

Mother quit breastfeeding 2 weeks later
What’s the Issue?

Hospital policy: feed q3 hrs at most

MW policy: feed q2 hrs after 1st 24 hrs

15-20 minutes/side

7-10% WT loss... oh no!

1st 24 hrs 2–10ml/feeding; 24–48 hrs 5–15ml; 48–72 hours 15–30ml; 72–96 hrs 30–60
Baby has not ever sustained a latch and is not able to access milk from the breast. Using a baby weigh scale, her average intake from the breast in a 15 minute period is 4 mls. Using multiple test weights, mom was never convinced that baby was ever actually getting milk from the breast. Mom also rented a baby scale from LC’s ‘associate’ to do her own test weights. In the clinic, we were able to get baby to latch without and with lactation aid. However, mom still remained convinced that baby was not drinking from the breast during the time at the clinic.

BW: 6lbs 11oz
8 LBS 2.7 oz
RECORDING BREASTFEEDING

- Feeding in utero
- How much should a baby take in a feeding
- How often should a baby feed
- Evidence on frequency
- Evidence on volume
Exclusive breastfeeding on demand.

506 infants in Uppsala, Sweden, daily recordings during the first 6 mo. The mothers had previously breastfed at least one infant for at least 4 mo.

The frequency that babies fed ranged from 3.9x/24 hrs to 15.9x/24 hrs

Breastfeeding patterns in exclusively breastfed infants: a longitudinal prospective study in Uppsala, Sweden
Average of:
3.9x/24 hrs to 15.9x/24 hrs??

8-12 x / 24 hrs !!!!!
“This study confirms that every mother-infant pair needs to be understood as a unique dyad throughout lactation. These data demonstrate a wide range of patterns among women who are exclusively breastfeeding and indicate that it would be inappropriate to put pressure on individual families to adopt preconceived patterns of infant feeding.”
In Sweden

“So what we practice here, and which is associated with very early attainment of full breastfeeding, is to guide the mother in observing her infant's discrete signs of interest PLUS positioning the infant at the breast as soon as there are signs of shifts in behavioral state from sleep to a more active state..

“If these infants were fed according to a schedule, they would probably not reach as many breastfeeding sessions, and it would take longer to reach full breastfeeding. Actually, our experience is that the sooner you terminate the application of a regulated feeding schedule, the sooner will they make progress in breastfeeding.”

Kerstin Nyqvist, PhD
HOW MANY CALORIES ARE IN LUNCH?

Or 3 ounces of dinner?
Or 3 ounces of a snack?
Or 3 ounces of breastmilk?

Breastmilk = ? Cal
Baby needs = ? Cal
Baby needs = ? Breastmilk / feeding?

? calories does this particular baby need in any given feeding?
Baby woken for feedings every 3 hours
Breastfeeds Right: 20 minutes
Then Left: 20 minutes
Baby re-admitted for jaundice and dehydration
Quick assessment on the breast: Baby only nibbling

BW: 6.12 lb
Day 5: 6lb 10 oz
How Babies Really Grow on a Daily Basis

Adapted from Adriano Cattaneo
I can only pump 1 ounce max from my right breast and ½ an ounce from my left breast first thing in the morning. I try to do this every 2-3 hours but nothing comes out the rest of the day. Should I start to supplement?

Doctor is not concerned about baby’s weight. She has been gaining 6-7 oz/week

3 months
Mothers (71) of infants who were 1 to 6 months of age and exclusively breastfeeding on demand test-weighed their infants before and after every breastfeeding from each breast for 24 to 26 hours and collected small milk samples from each breast each time the infant was weighed.

Results
Infants breastfed **11 ± 3 times in 24 hours** (range: 6–18), and a breastfeeding was **76.0 ± 12.6 g** (range: 0–240 g), which was **67.3 ± 7.8%** (range: 0–100%) of the volume of milk that was available in the breast at the beginning of the breastfeeding. **Left and right breasts rarely produced** the **same volume** of milk. The **volume of milk consumed** by the infant at each breastfeeding depended on whether the breast that was being suckled was the more or less productive breast, whether the breastfeeding was **unpaired**, or whether it was the **first or second breast** of paired breastfeedings; the **time of day**; and whether the infant breastfed during the **night or not**. Night breastfeedings were common and made an important contribution to the total milk intake. The **fat content of the milk was 41.1 ± 7.8 g/L** (range: 22.3–61.6 g/L) and was independent of breastfeeding frequency. There was no relationship between the number of breastfeedings per day and the 24-hour milk production of the mothers.
Breastfed infants should be encouraged to feed on demand, day and night, rather than conform to an average that may not be appropriate for the mother-infant dyad.

HOW MUCH DOES A BABY NEED?

5 WEEK OLD = 5 MONTH OLD
Babywise' advice linked to dehydration, failure to thrive
Matthew Aney

Warning from American Academy of Pediatrics
Baby went for heart surgery within the same week.
“It is not nice either … because it takes time from her (the infant) when I must sit and pump that often and every time… it is killing us … “

Different advice, sometimes advocating fixed feeding intervals and fixed positions, reinforces exposure and complicates an understanding of the infant's breastfeeding signals making it difficult for the mother to interpret and respond to them. Being unable to perform in the manner determined by carers, the mother evaluates herself as a less worthy human with a less worthy infant.

“I did not spend time being with the infant. Instead I spent time with the pump … Breastfeeding would have taken the same time but then I would have been with the infant … I spent time on the wrong things”

“There is a feeling that one is forced to expose oneself and give professional carers access to oneself and one's body in order to overcome breastfeeding difficulties. Mothers feel like objects in such situations, care mostly focuses on the infant's milk intake, breasts and milk production. I feel like a big experimental animal, in came trainees and doctors just to look at me almost like a monkey in a cage. It was like here we have someone with strange problems, take the opportunity to watch her while you can “

Excerpts from: Severe breastfeeding difficulties: Existential lostness as a mother-Women's lived experiences of initiating breastfeeding under severe difficulties. Palmer, L., et al
Baby won't open wide enough so he ends up on my nipple. I feel like he is just nibbling. When my LC says he is latched good it still hurts and he is only pulling 1.5 ounces out of both sides combined. Because of this I have bottle fed him hand expressed milk with the xxxxxxxx bottle. I want more than ANYTHING to EBF him like I did my others. I feel like I have no support even from my LC.

I don't have any concerns (about his weight) since he is bottle fed.

BW: 5.14 lbs  
2 months: 9.8 lbs.
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education

LISTEN PEOPLE, IT’S ALL ABOUT THE TRAINING!!!

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