


The Maryland Department of Health and Mental Hygiene  
 Hospital Breastfeeding Policy  
 Maternity Staff Training Program

Ongoing Support for Mothers  
 Session 13




**Objectives**

- › Identify three pre-discharge infant breastfeeding issues requiring follow-up care
- › Identify two resources available for non-hospitalized breastfeeding families
- › Identify two employer issues that breastfeeding women should be aware of
- › Discuss methods to sustain breastfeeding for at least two years

**Follow-Up – Pediatric Appointment**


- › Initially at 3 to 5 days of age
- › Second visit at 2 to 3 weeks of age



Source: United States Breastfeeding Committee

**Pre-Discharge Breastfeeding Assessment – Baby Issues**


- › Excessive weight loss
- › Lack of output
- › Difficulty with latch
- › Difficulty with suckling
- › Lethargy



Source: United States Breastfeeding Committee

**Pre-Discharge Breastfeeding Assessment – Baby Issues**


- › Jaundice
- › Preterm/late preterm
- › Health concerns
- › Anatomical concerns



Source: United States Breastfeeding Committee

**Pre-Discharge Breastfeeding Assessment – Mother Issues**

- › Unusual nipple size/shape
- › Engorgement
- › Sore nipples
- › Questionable milk supply
- › History of breast surgery
- › History of infertility
- › History of breastfeeding problems
- › Health concerns




Source: United States Breastfeeding Committee

### Pre-Discharge Breastfeeding Assessment – Mother Issues

- › Lack of social support
- › Maternal–infant attachment concerns
- › Potential for postpartum depression
- › Lack of confidence
- › Inability to breastfeed without help

### Follow-Up – Support Groups

- › Foster the establishment of breastfeeding support groups and refer breastfeeding mothers to them upon discharge from the hospital or clinic
  - Hospital support groups
  - La Leche League
  - Women, Infants, and Children Program (WIC)
  - Private lactation consultants
  - Pediatrician offices



Source: United States Breastfeeding Committee

### Follow-Up – Online Resources



- › Support Groups, Breastfeeding Specialists, and Information
  - Maryland Breastfeeding Coalition
    - [www.marylandbreastfeedingcoalition.org/](http://www.marylandbreastfeedingcoalition.org/)
  - International Lactation Consultant Association
    - [www.ilca.org](http://www.ilca.org)
  - La Leche League
    - [www.lalecheleague.org](http://www.lalecheleague.org)

### Follow-Up – Online Resources

- › Information
  - Maryland Department of Health and Mental Hygiene
    - <http://mdwic.org>
    - Click on 'Breastfeeding Services'
    - <http://phpa.dhnh.maryland.gov/wic/SitePages/breastfeeding-services.aspx>
    - [http://phpa.dhnh.maryland.gov/mch/SitePages/bf\\_home.aspx](http://phpa.dhnh.maryland.gov/mch/SitePages/bf_home.aspx)
  - Office on Women's Health
    - <http://www.womenshealth.gov/breastfeeding/>
  - United States Breastfeeding Committee
    - <http://www.usbreastfeeding.org/MothersFamilies/Action/SupportMothers/BreastfeedingFAQs/tabid/117/Default.aspx>

### Protecting Breastfeeding Upon Return to Work – Advantages


Employee	Employer
<ul style="list-style-type: none"> <li>› Mom and baby continue to benefit from breastfeeding</li> <li>› Cost effective</li> <li>› Connection between mom and baby</li> </ul>	<ul style="list-style-type: none"> <li>› Reduced absenteeism</li> <li>› Increased productivity</li> <li>› Increased morale</li> <li>› Lower employer healthcare costs</li> <li>› Lower staff turnover</li> <li>› Positive return on investment (ROI)</li> </ul>

Source: United States Breastfeeding Committee (2005, 2006)

### Protecting Breastfeeding Upon Return to Work – Plan Ahead

- › Prior to return to work, convey to supervisor plan to pump upon return to work
- › Space needed
  - Non-bathroom
  - Private, preferably with a locked door
  - Can be used for other things when mom not pumping
- › How pumping breaks will be handled
- › Advantages to employer



Source: United States Breastfeeding Committee

## Protecting Breastfeeding Upon Return to Work – It's the Law!

- ▶ 2010 Health Care Reform and Amendment to Federal Labor Standards Act (FLSA) section 7
  - Provide reasonable break time
  - Non-bathroom space
  - Private space, shielded from view of others



Source: United States Breastfeeding Committee

## Sustaining Breastfeeding

- ▶ The American Academy of Pediatrics and The American Academy of Family Physicians recommend
  - Exclusive breastfeeding for 6 months
  - Breastfeeding and solid foods for at least one year and beyond
- ▶ The World Health Organization recommends
  - Breast milk alone for 6 months
  - Continued breastfeeding along with family foods until at least two years old

## Conclusion

- ▶ Safe discharge for breastfeeding mothers and babies prevents a cascade of breastfeeding complications
  - Pre-discharge assessment
  - Appropriate referrals
  - Places for mothers to receive ongoing support



Source: B. Wilson-Cox, K. Noonan

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