

Breastfeeding Webinar Series (2 of 3) The Real World of Breastfeeding

August 3, 2020



 **minnesota**
breastfeeding coalition
breastfeeding: healthy babies • healthy families • healthy communities

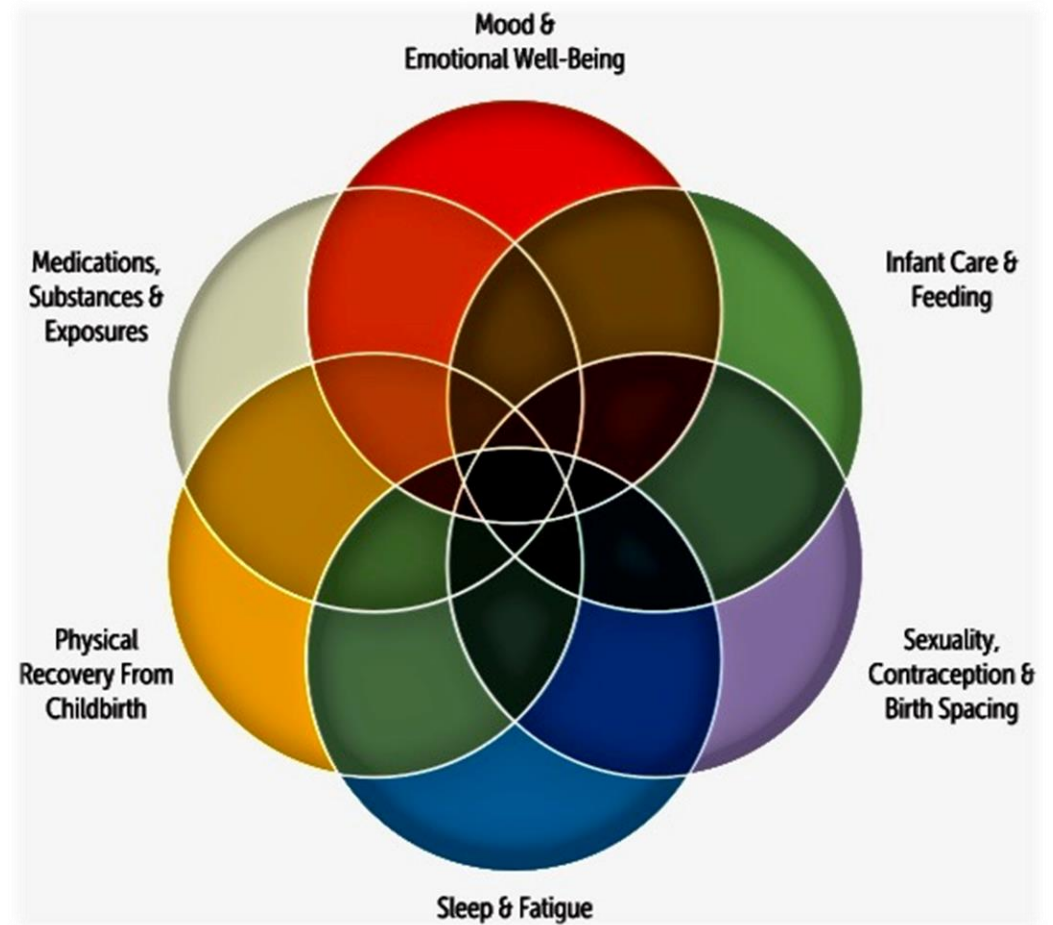
 Minnesota
Community
Health Worker
Alliance

Objectives

In this webinar, we will learn about:

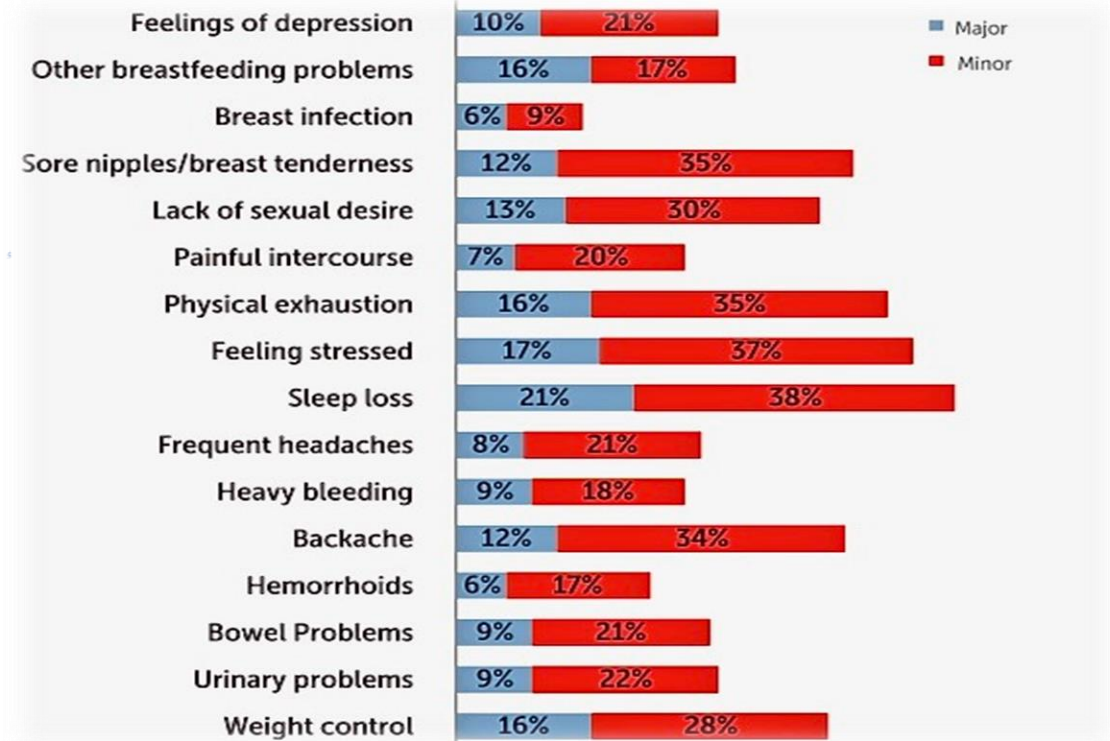
- The fourth trimester model
- Family and partner support in breastfeeding
- The importance of cultural traditions in infant feeding
- The intersection of family, culture and mental health during breastfeeding

The "Fourth Trimester Model"



Viewing the first few months of the postpartum period where different aspects of the mother-baby condition are interrelated

What feelings do mothers report in the first few months postpartum?



New mothers report experiencing these health problems in the first 2 months.

Some recommendations for mothers are:

- Develop post-partum plans; make cooking, cleaning assignments
- Align your sleep-wake patterns with baby's sleep-wake patterns
- Learn how to ask for help/what you need from partners, family members

Being successful at Breastfeeding!



- Steps to take to ensure breastfeeding success (good support, good nutrition, skin-to-skin, feed on demand, good latch)
- Make sure the family is educated for breastfeeding success
- Breastfeeding is protective against postpartum depression

Responding to Feeding Cues



- Learning about baby's communication and needs (parent, partner and family)
- Building and maintaining milk supply
(See webinar 1)

Baby Blues vs. Postpartum depression



- What to ask and what to look for
- The relationship between breastfeeding and postpartum depression
- Breastfeeding is protective against Postpartum depression
- It is normal to feel sad for about a week. If it goes beyond two weeks, you need to start thinking about post-partum depression and getting help

What about good nutrition?



- Breastmilk is the first medicine
- Basic nutritional recommendations during postpartum period
- Keep taking your multivitamins
- Connecting Families with WIC

What about
medications?



- Culture plays a role in medication decisions
- How to know which medications are compatible with breastfeeding

Partner Support



- Support for positioning and latching, baby wearing, car seat carrying etc.
- Support for pumping and milk expression,
- Support with household duties, cooking, cleaning, laundry
- Support should be planned for, well in advance

Family Structure and Dynamics



- Cultural practices and norms
- Family structure, community and mental health
- Breastfeeding traditions; collective wisdom
- Going back to work and/or school

Sleep and Family Support



- How family can help with nighttime feedings
- How can everyone get enough sleep
- Sleeping safely with your infant

Breastfeeding during Covid-19



The screenshot shows the Minnesota Department of Health website. The header includes the logo, navigation links for HOME, TOPICS, and ABOUT US, and a search bar. The main content area features the article title 'Breastfeeding During the Current Health Crisis' and a sub-header 'MN WIC Program'. The article text states that women should discuss recommendations with their health care providers and share information with their provider. A section titled 'For Healthy Women:' lists two bullet points: 'Breastfeeding remains recommended.' and 'Breast milk provides protection against many illnesses.' To the right of the article is a 'Share This' button, contact information for the Minnesota State WIC Office, and a 'Breastfeeding Friendly' logo. A sidebar on the left lists various WIC program resources.

Women, Infants, and Children (WIC) Program

- WIC Home
- WIC Families - Welcome to WIC!
- WIC Success Stories
- Am I Eligible for WIC?
- WIC Agency Directory
- Breastfeeding & You
- Recipes
- Shopping for WIC Foods
- WIC Grocery Store Search
- Información en Español

Breastfeeding During the Current Health Crisis

MN WIC Program

Women should discuss recommendations with their health care providers. You can share some of the information below with your health care provider and discuss your unique situation.

For Healthy Women:

- Breastfeeding remains recommended.
- Breast milk provides protection against many illnesses.

Share This

To contact the Minnesota State WIC Office call 1-800-657-3942 or 1-651-201-4444

Breastfeeding Friendly

More Information about Breastfeeding

- Finding support during emergencies, pandemics, civil unrest
- Breastfeeding is even more critical during emergencies

Recap



- Support! Family and partner support is critical
- Reclaiming protective cultural traditions in feeding, such as baby wearing
- The intersection of breastfeeding, family, culture and mental health

Additional Resources

- Dr. Lavonne Moore - Chosen Vessels Midwifery Services <http://chosenvesselsmidwiferyservices.com>
- , The Chocolate Milk Club join us on FB
- Shashana - Minneapolis Indigenous Breastfeeding Support Circle FB
- MBC Prenatal Toolkit <https://mnbreastfeedingcoalition.org/prenatal-toolkit-2/>
- Global Health Media Project Videos for health workers <https://www.youtube.com/watch?v=hs7ai466toE&list=PLxVdpaMfvxLD35AIGQDPro8I7-ZGOsLnK>
- Global Health Media Project Videos for mothers <https://www.youtube.com/watch?v=uMcgJR8ESRc&list=PLxVdpaMfvxLCDSNEgM2QcN5pAc-LraJgI>
- La Leche League <https://www.llli.org>
- Kelly Mom <https://kellymom.com>
- WIC breastfeeding support <https://wicbreastfeeding.fns.usda.gov/about>
- Primary care provider
- Hospital Lactation consultants
- Promoting Maternal and Infant Health in the 4th Trimester <https://www.mombaby.org/wp-content/uploads/2017/10/ZERO-TO-THREE-Journal.pdf>



THANK YOU!

Presenters

- Dr LaVonne Moore
- Foua Khang
- Shashana Craft
- Shandy Mangra
- Linda Kopecky

For more information:

- Minnesota Breastfeeding Coalition (MBC): <https://mnbreastfeedingcoalition.org/>
- Minnesota Community Health Worker Alliance (MCHWA): <http://mnchwalliance.org>