

Perinatal Outreach Breastfeeding Newsletter

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Home Based Breastfeeding Support

By Kara Kaikini

This month's newsletter is focused on celebrating and learning more about the breastfeeding support and education offered through home visitation in the state of Maine and beyond.

Did you know that:

- ❖ The majority of studies measuring exclusive breastfeeding rates found that home visitation increased exclusive breastfeeding rates at 0-6 mo postpartum?
- ❖ A longer duration of home visit intervention is more likely to have a positive impact on breastfeeding duration rates?
- ❖ Home-based interventions with professional support in general did not increase breastfeeding initiation rates.
- ❖ Home-based interventions that taught positioning and latch were more likely to increase breastfeeding rates than interventions that had no specific teaching agenda.

Parents have a few options in Maine to receive breastfeeding support in their homes:

1. Private Practice Lactation Support:
 - a) Find a Lactation Consultant/Counselor Resources:
 1. (IBCLC) International Lactation Consultant Association: <https://www.ilca.org/why-ibclc/false>
 2. (IBCLC) United States Lactation Consultant Association: <https://uslca.org/resources/find-a-lactation-consultant>
 3. (CLC) The Academy of Lactation Policy and Practice: <https://www.alpp.org/search>
2. CradleME: a referral system for families in Maine for Public Health Nursing, Maine Families Home Visiting, and Community Health Nursing Partners. Many of these visitors are also Certified Lactation Counselors.
 - a) Call 1-888-644-1130 or visit cradleme.org



Stay tuned for regular newsletters and educational opportunities, and contact me anytime with any questions!

~Kara Kaikini, MS, IBCLC

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SHARED CONVERSATIONS/ PARENT PARTNERSHIPS

NICHQ's recently published an article titled "[Pediatricians Partnering with Families: Three Ideas for Effective Partnerships](#)". The suggestions within this article apply to anyone working with new families:

1. Treat families with respect
2. Empathize with parents
3. Create a warm office environment

To read the full article, visit: <https://www.nichq.org/insight/pediatricians-partnering-families>

Do you and the pediatric offices in your area have a warm, breastfeeding friendly office environment? Did you know that the AAP published a [news article](#) on this topic? Here is what they suggest based on this [2017 Clinical Report](#):

Recommendations

- Have a written breastfeeding-friendly office policy.
- Train staff in breastfeeding support skills.
- Discuss breastfeeding during prenatal visits and at each well-child visit.
- Encourage exclusive breastfeeding for about six months and provide anticipatory guidance that supports the continuation of breastfeeding as long as desired.
- Incorporate breastfeeding observation into routine care.
- Educate mothers on breast milk expression and return to work.
- Provide noncommercial breastfeeding educational resources for parents.
- Encourage breastfeeding in the waiting room, but provide private space on request.
- Eliminate distribution of free formula.
- Train staff to follow telephone triage protocols to address breastfeeding concerns.
- Collaborate with the local hospital or birthing center and obstetric community regarding breastfeeding-friendly care.
- Link with breastfeeding community resources.
- Monitor breastfeeding rates in the practice.



Do you consider your office “breastfeeding-friendly”? Please share! You could be featured in a future newsletter!

Would you like help making your office more breastfeeding-friendly? Let me know how [I can help!](#)

CONTINUING EDUCATION

- [Gold Learning Online Continuing Education](#) “GOLD Learning Day 2020 - Breastfeeding and the Substance-Exposed Infant”. Live Tuesday, January 21st, and available for 6 weeks after (Presentations can be accessed 24/7 and can be viewed as many times as you like during the viewing period.)
- [Center for Breastfeeding Certified Lactation Counselor \(CLC\) Trainings](#)
 - June 1-5, 2020: Worcester, MA
 - July 6-10, 2020: Augusta, ME (Maine General)
- [B.E.S.T. Connection Breastfeeding Conference](#), April 30th & May 1st, Seasons Event and Conference Center, Portland. Click [here](#) for online registration.
- **SAVE THE DATE:** Maine CDC Maternal Child Health Substance Exposed Infant Conference, May 14 & 15, 2020, Ramada Inn, Lewiston. Details to come!
- [United States Lactation Consultant Association Recorded Webinars](#) (wide-range of excellent webinars; pricing available for members and non-members)
- [Lactation Education Resources](#): Lactation Management Training: From Novice to Expert
- [Health e-learning](#): The International Institute of Human Lactation Inc; CERPs, free lectures, etc.

NEW RESEARCH

[The effect of home-based intervention with professional support on promoting breastfeeding: a systematic review](#)

International Journal of Public Health

Lai Yin Cheng, Xin Wang, Phoenix Kit-han Mo

Abstract

Objectives

Low breastfeeding rate and high early cessation of breastfeeding are observed worldwide. There is a need to review the effects of home visits with professional support on promoting breastfeeding. The present study evaluated the efficacy of home visits on promoting breastfeeding outcomes (i.e., breastfeeding initiation rate, exclusive breastfeeding rate/duration, and breastfeeding rate/duration) using a systematic review.

Methods

Search of EMBASE, MEDLINE, CENTRAL—Cochrane central register of controlled trials, PsycInfo, and ClinicalTrials.gov was conducted by February 28, 2019, to identify relevant studies.

Results

A total of 26 studies were included. Fourteen of the included studies investigated rate/duration of exclusive breastfeeding; ten of them demonstrated a significant increase on the rate/duration of exclusive breastfeeding. Sixteen of the included studies investigated rate/duration of breastfeeding; four of them demonstrated a significant increase on the rate/duration of breastfeeding. Four studies evaluated initiation of breastfeeding and three of them did not show a significant effect.

Conclusions

Findings suggest that breastfeeding can be increased by home-based interventions with professional support. Support-based intervention is likely an effective way to promote breastfeeding.

PARENT PEARL

What was the most helpful support or education you received from a home visitor about breastfeeding?

I am so grateful for the support I received from my home visitor. With both of my children came difficulty nursing, my home visitor always gave me the encouragement and guidance I needed to feel confident and reassured that I was doing what was best for my child.

At times, my son had a hard time latching properly. My home visitor took the time to thoroughly talk through what a proper latch should look like and feel like, making sure I was comfortable and checking my son for good latch signs. She brought helpful pamphlets and information I was so happy to have as a reference to look back on in-between home visits. When I needed to pump, she answered all my questions and guided me with ways I might be able to increase my supply. My supply depleted by the time my son was 3 months old and I could no longer nurse him. My home visitor gave me so much encouragement and praise for all the hard work I had put in and always reminded me that I gave the best of what I could and my child was that much better because of it.



Because my visitor gave me so much guidance and confidence with my first child, when it came time to nurse my daughter, it was a much less stressful experience. With my daughter, I had an even harder time getting her to latch well and the pain was just too much for me to bare. My daughter was diagnosed with an upper lip tie, so by day 3, I began pumping exclusively. I set a strict pumping schedule from there on out, religiously pumping every two hours. At times I was able to pump a total of 12 ounces at a time.



Any time I had questions or concerns my home visitor was always able to talk me through whatever I needed. By the time my daughter was six months old, I had produced and stock piled enough milk, 2,439 ounces, to feed her for another 6 months+!

It was a lot of work but I couldn't have done it without the encouragement and help that I received from my home visitor.

What breastfeeding-specific education or support do you wish you had received from others in your life?

Before I had my children, I never gave a second thought on whether I would be able to nurse my child or not. It was just something I was going to do. No one ever told me how hard it would actually be, or how painful! I allowed myself to feel like a failure and to stress more than I should have. Unfortunately, it made an impact on my supply. Lessons learned!

~Amy Pelletier (with Grayson 4 years old and Nora almost 20 months)

PROVIDER PEARL

What technique/strategy have you found helpful in counseling or educating women about breastfeeding?

As I promote breastfeeding to all the mothers I work with, I also honor their decision to breastfeed or not. I gauge where each of the mothers are with their knowledge and experience with breastfeeding. Breastfeeding DVD's are offered to share what breastfeeding looks like. The video generates more questions and great discussion points about Colostrum and the medical benefits. Other important DVD's that are offered show Skin-to-Skin, Baby led Breastfeeding and the breast crawl after birth. By providing this information, these mothers can plan their baby's birth. It is important to note that not all births go according to plan, so other plans are discussed.

It is very important to inform the mothers that breastfeeding is a lot of work in the beginning. Mothers are encouraged to seek out lactation counselors at the hospital after birth and/or to schedule a hospital visit with me. I cannot stress enough how important it is to have breastfeeding support as soon as they arrive home. The first week can be a challenging one!

This first week entails learning their baby's feeding cues, realizing when their milk has come in, handling engorgement, understanding how much milk the baby actually needs to drink, frequency of feedings, waking a sleepy baby at breast to increase supply, discussing proper placement, describing a let-down milk ejection, ensuring their baby is getting an adequate amount of breastmilk and enjoying the ease of bringing baby to breast versus preparing a bottle.

After the first week if the baby does not suckle enough at breast, I encourage the mothers to pump after a feeding to build their supply, any milk left in the breast can reduce production. Another important technique I share is how to position their baby to control the milk let-down.

I promote that the hard work will pay off and soon it will be second nature for both mother and baby. ☺

Why do you support breastfeeding?

It amazes me how a mother's body produces and provides the perfect breastmilk made especially for their baby! How can I not share all the nutritional, medical and emotional benefits of breastfeeding with the mothers I work with?!

I breastfed both my children at birth and experienced many challenges within the first month. Even though breastfeeding was a lot of work, I have many fond memories of my babies looking up at me with wide eyes, holding my hand, touching my face and smiling up at me. The emotional benefits of breastfeeding allowed me to provide loving and nurturing routines, which in turn developed into strong, long-lasting bonds with each one of my children.

~ Sharon A. Raymond
Family Visitor
Maine Families (Aroostook County)
Fort Kent



IN CASE YOU MISSED IT...

Here are some [NICHD safe sleep and breastfeeding resources](#) from to share with your colleagues and families you work with. If you haven't seen it yet, be sure to check out Maine's latest [Safe Sleep Campaign](#).



Looking for ways to integrate this into your hospital practice? Check out NICHQ's [Successful Strategies Hospitals Can Use to Support Safe Sleep](#).



NICHQ has also developed this interactive educational tool: [Interactive E-Handout to Support Safe Sleep Conversations](#): Health professionals and families can click through this interactive E-handout to learn about safe sleep guidelines.

FOR MORE INFORMATION

If you have any questions, requests for specific education, or something you'd like to include in a future newsletter, please contact us!

Also, if you received this email from a colleague and would like to be added to the distribution list, please contact Kara.

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