


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

Infants and Mothers With Special Needs
 Session 10




Objectives

- › Identify mothers and infants who need additional support with feeding
 - Preterm, low-birth weight, ill infants, breastfeeding multiples
 - Management of infant medical concerns
 - Management of common maternal illnesses
- › Medical reasons for food other than breast milk and contraindications to breastfeeding
- › Medications and breastfeeding
- › Nutritional needs of breastfeeding mothers
- › Pregnancy spacing and breastfeeding

Infants With Special Breastfeeding Needs

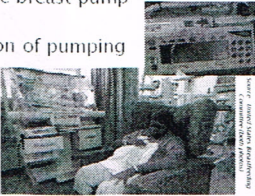
- › Preterm, low-birth weight, or ill
- › Multiples
- › Jaundice, craniofacial defects, neurological impairments
- › Medical reasons to supplement



Source: United States Breastfeeding Committee

Preterm, Low-Birth Weight, or Ill Infants


- › Breast milk suited for preterm infants
 - Higher in some macronutrients and micronutrients
 - Lower in lactose
- › Establishing and maintaining milk supply
 - Hospital-grade electric breast pump
 - Hands-on pumping
 - Frequency and duration of pumping
- › Encourage bonding
 - Baby care
 - Skin-to-skin



Source: United States Breastfeeding Committee

Mothers of Multiples


- › Will make enough milk for as many babies as they are nursing
- › Focus on breastfeeding each baby
- › Positioning strategies
 - Use of a pillow for support
 - Feeding two infants at once
- › Higher order multiples
 - Individualize feeding plans
 - Maintaining milk supply if mother and babies are separated



Source: United States Breastfeeding Committee

Management of Infant Medical Concerns

- › Jaundice
- › Craniofacial defects
- › Neurological impairments
- › Infants at risk for potentially severe hypoglycemia
- › Weight loss or slow weight gain



Source: United States Breastfeeding Committee

Mothers With Special Needs

- › Breastfeeding when mother is ill
- › Nutritional needs of the lactating mother
- › Breastfeeding when mother requires medications



Breastfeeding When Mother is Ill

- › Cold
- › Flu
- › Mastitis
- › Breast abscess



It is Okay to Breastfeed When

- › Women who are positive for Hepatitis B can breastfeed if Hepatitis B vaccine has been given to the infant
- › Breast surgery



Medications and Breastfeeding

- › Very few medications are contraindicated during breastfeeding
- › Discontinuing breastfeeding may be more problematic to the infant than the medication
- › Minimize impact of medication
 - Provide only when necessary
 - Check resource (such as Hale's *Medications and Mothers' Milk*) to determine if issues exist
 - When a choice exists, use safest medication



Nutrition for the Lactating Mother

- › Include
 - › Protein
 - › Nutritious fluids
 - › Calcium rich foods
 - › Lower fat choices
- › Consider including a multivitamin



Additional Concerns

- › Alcohol
- › Caffeine
- › Smoking



Infant Contraindications to Breastfeeding

- › Galactosemia
- › Inborn errors of metabolism
 - i.e. – Phenylketonuria (PKU)
 - i.e. – Maple Syrup Urine Disease (MSUD)

Maternal Contraindications to Breastfeeding

- › HIV infection
- › Human T-lymphoma virus (HTLV)
- › Illicit drugs
- › Certain medications
- › Infectious tuberculosis

Natural Child Spacing

- › Delayed return of menses
- › Lactational Amenorrhea Method
 - Mother must be amenorrheic
 - Exclusively breastfeeding (at least every 4 hours)
 - Infant is less than 6 months old



Source: United States Breastfeeding Committee

Conclusion

- › Some mothers and infants need additional support with feeding
- › There are medical reasons to supplement breastfeeding
- › Most medications are safe for breastfeeding
- › Referral to Lactation Consultant



Source: United States Breastfeeding Committee

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