



Breastfeeding Q&A

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Disclaimer

Description

- *We use video and audio technology so we can see and hear each other.*
- *We recommend you be in a quiet place so that others cannot overhear the session (unless you want to include others in your visit – please tell us who is with you).*
- *Details of your attendance only will be noted in your record.*
- *We will not make an audio recording of the group program. We ask that you not record either*

Privacy

- *We have taken appropriate steps to protect your privacy for this group program (paid Zoom business account)*
- *We cannot provide you with the same guarantee of security and confidentiality as if the program were being run in-person.*
- *Our presenters who are doing the group program may be working from the clinic or from home because of the pandemic. If working from home, they will use a private space away from others*

Risks

- *It is possible there could be a problem with the technology and your session could be cut short or interrupted.*
- *The quality of the video or audio may vary depending on your own connection.*

Agreement

RESPECT

- Time (1 hours 15 mins)
- Opinions/Questions/Knowledge level
- Feel free to get up and move at any time

CONFIDENTIALITY

- Info stays between individuals at the session
- Please share if you feel comfortable sharing
- All participation is welcome!

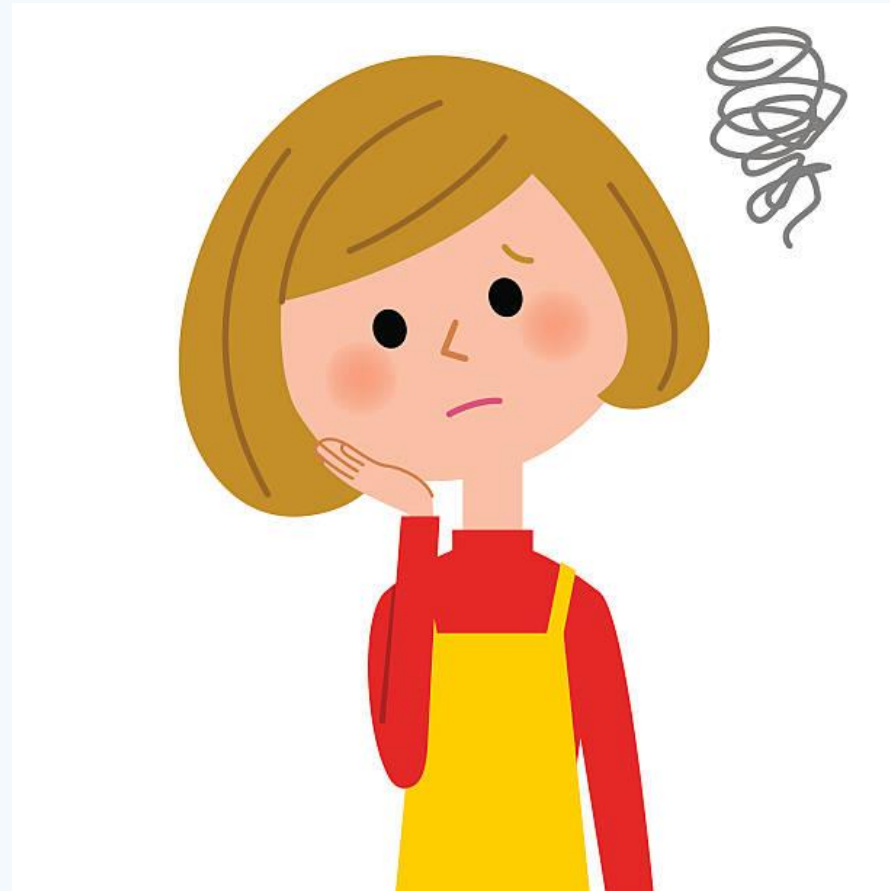


Our body begins to produce breastmilk in the second trimester.

I should make sure I have a breast pump before the baby is born. All pumps are equal in their efficacy.



It takes 3 days for your milk 'to come in'.









Keeping your baby skin-to-skin helps with breastfeeding.



Baby's tend to get fussy around the second night. It's because they are being under-fed.



Stomach sizes

GUIDELINES FOR NURSING MOTHERS										
Your Baby's Age	1 WEEK		2 WEEKS		3 WEEKS		4 WEEKS		5 WEEKS	
How Often Should Your Baby Feed? Per day, at intervals not 24 hours	 <p>At least 8 feeds per day. Your baby's sucking strongly, clearly, steadily, or occasionally off-breast.</p>									
Your Baby's Tummy Size	 <p>Size of a cherry</p>		 <p>Size of a walnut</p>		 <p>Size of an apple</p>		 <p>Size of an egg</p>			
Wet Diapers: How Many, How Often? Per day, at intervals not 24 hours	 <p>At least 1 wet</p>		 <p>At least 2 wet</p>		 <p>At least 3 wet</p>		 <p>At least 4 wet</p>		 <p>At least 5 wet</p>	
Soiled Diapers: Number and Colour of Stools Per day, at intervals not 24 hours	 <p>At least 2 to 3 BLACK OR DARK GREEN</p>		 <p>At least 3 BROWN, GREEN, OR YELLOW</p>		 <p>At least 3 stools, all of which are YELLOW</p>					
Your Baby's Weight	<p>From babies to weight of weight to be gained 3 days after birth.</p>				<p>From day 4 onward, most babies gain weight 1 pound a week.</p>					
Other Signs	<p>Your baby should not be doing OK, more actively wet with milk than he/she/it after and less full after breastfeeding.</p>									
<p>Best Start Mother Support Breast milk is all the food & drink you need for the first 6 months. You are probably a help and support that: - Your healthcare provider. - The Health Director's special breastfeeding services say you can at 1-800-787-6000 or TTY at 1-800-787-6007. - All equal Direct Contact & breastfeeding services directory at www.pediatricbreastfeeding.ca.</p>										



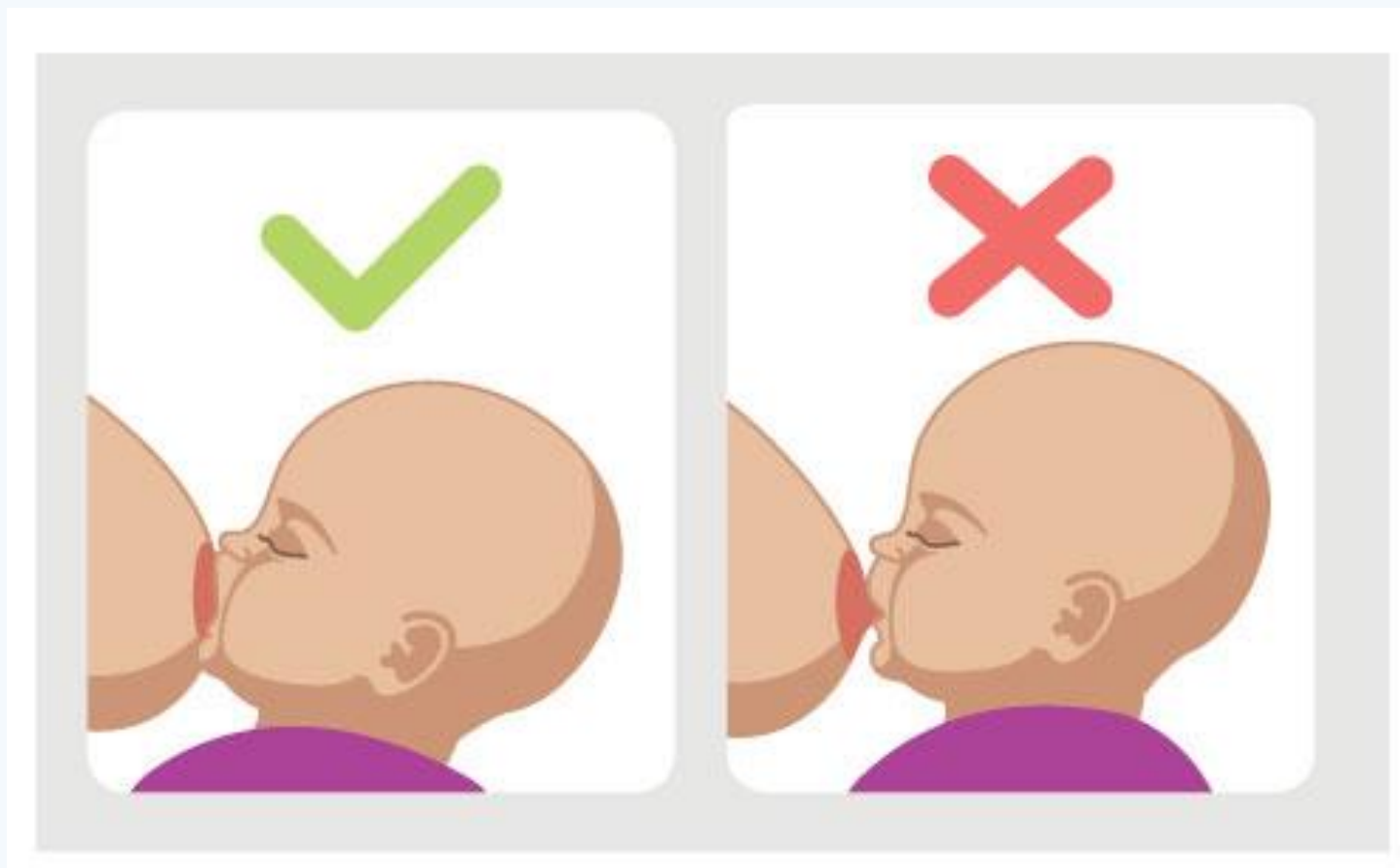
Babies only drink
67% of milk supply
once volume
increases.

Pain is normal when you begin to breastfeed.



Picture by ibconline.ca

Signs of a good latch.



Baby's should be fed on schedule; every 2-3 hours, 15 minutes on each breast.



There are certain foods breastfeeding women should avoid.



*If your baby feeds more than once overnight,
you likely don't have enough milk.*





**THERE IS
NO EVIDENCE OF
TRANSMISSION OF
COVID-19 IN
BREASTMILK**



IBFAN
protecting breastfeeding
International Baby Food Action Network

*If mom is ill
the milk is 'ill'
too.*

A breastfeeding mother should space her feedings so that her breasts will have time to refill.



Skipping feeds does not affect my supply.





*Doctors know a lot
about breastfeeding.*

Breastfed babies are held a lot and because of this, breastfeeding has been shown to enhance bonding with their mother.



Breastfeeding in public is not allowed.





Thank you

For more information about how to:

- ❖ *Schedule a prenatal breastfeeding session*
- ❖ *Register for Breastfeeding Support Group-Every Wednesday*
- ❖ *The Breastfeeding Bestie Program*

Please contact Shannon at Black Creek Community Health Centre:

416-249-8000

Wrap Up and Evaluation

Thank you for attending the session today!

*Your Feedback is Important to us,
Please click on the link in the chat box to complete a short
evaluation.*

Resources

*Please click on the link in the chat box to
access additional resources and the
presentation slides*



Upcoming Sessions

Thursday September 17th (6-8pm) – Labour & Birth, Labour Support

Monday September 21st (6-8pm) – Breastfeeding, Postpartum Care

Wednesday September 23 (6-8pm) – Newborn Care, Q&A