
Module –Feeding Your New Baby (Prenatal Discussion)

Time:

30 minutes

WIC Status:

Any Pregnant Status

Learning Objectives:

Participants will:

1. Understand the benefits of breastfeeding.
2. Identify common barriers and concerns about breastfeeding.
3. Understand how much food a newborn needs the first few days of life.
4. Understand the hunger and fullness cues of infants.

**Handouts and Materials:**

- Handouts:
 - Kentucky Infant Feeding Guide Birth to Four Months
 - Breastfeeding: Baby's Best Start
 - Breastfeeding: Planning Ahead During Pregnancy
 - Is My Baby Getting Enough?
- Posters:
 - Stomach Sizes Poster
 - Breast milk vs. Formula Building Blocks Poster (Optional)
- Visual Aid:
 - Your Newborn's Stomach-Days 1-10 stomach size models (Optional)

Facilitating WIC Discussion Group Concepts:

- Providing participants with a more meaningful nutrition education experience that involves interactive learning.
- As the certifying health professional, you will be the facilitator and moderate a group conversation-style discussion.
- Encourage all participants to participate but recognize that some participants may prefer not to speak in a group setting. If the participant cannot answer, chooses not to answer, or has a negative response, you may respond with a statement such as "Trying something new is not always easy."
- It is important to establish "ground rules" for the group. For example:
 - Set the time, agenda, and the length of session
 - Establish rules on confidentiality and sharing of group responsibilities.
 - Clarify procedural issues, especially listening to, respecting ideas or comments and allowing time and opportunity for others in the group to share.

Outline – Feeding Your New Baby

Icebreaker:

Have each participant introduce themselves and give their due date. (Optional)

Facilitated Discussion Topic Opening Questions:

Ask one of the following questions to facilitate discussion:

- *Have you thought about how you are going to feed your baby?*
- *What have you heard about breastfeeding?*

Discussion Topics:

Introduction

During the course of your pregnancy, you may be preparing for your baby's arrival by collecting clothes, eating healthy foods, taking your prenatal vitamin, and getting plenty of rest. Planning ahead during your pregnancy is a good way to provide your baby with the best start to life.

Deciding how to feed your baby is one of the first important decisions you will make for your new baby. Learning more about feeding options for your baby can help you make an informed feeding decision. Breastfeeding is the preferred method of infant feeding for the first year of life. Any amount of breast milk is good for your baby and offers your baby the best start to life. If you choose to feed your baby using formula or supplement breastfeeding with formula you will want to feed your baby iron-fortified formula until one year of age.

Benefits of Breastfeeding

A mother's milk is the perfect food for a baby. The milk that your body makes to feed your baby is the best food to keep your baby healthy and happy and there are many benefits of breastfeeding your baby. (Optional: Refer to Breast milk vs. Formula Building Blocks poster to help illustrate the differences between formula and breast milk.)

- Benefits for Baby
 - Breast milk is the most complete form of food for your baby with everything the baby needs to grow. Your breast milk changes from day to day and even throughout feedings, to meet your baby's needs.
 - Your breast milk offers immunity for your baby. Many times we think of breast milk as your baby's first immunization.
 - Breastfed babies have a decreased risk for the following health problems:
 - Sudden Infant Death Syndrome (SIDS)
 - Ear infections
 - Hospitalization for asthma or pneumonia
 - Allergies and eczema
 - Diabetes

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- Overweight and obesity
 - Leukemia and other cancers
 - High cholesterol
 - Breast milk is easier than formula for your baby to digest. Compared to formula fed babies, breastfed babies have less gas, constipation, diarrhea, colic and spitting up.
 - Benefits for Mommy (and the rest of the family)
 - Women who breastfeed have lower rates of certain breast and ovarian cancer(s).
 - The physical contact of breastfeeding helps you bond with your baby and makes baby feel safe, secure and comforted.
 - The hormone that your body makes when you are breastfeeding makes you feel calmer, helps you bond with your baby and helps you heal faster from the delivery.
 - Breastfeeding may help you get back to your pre-pregnancy weight faster.
 - Breastfeeding is cheaper than bottle feeding. Formula is expensive and WIC may not provide 100% of your infant's formula needs. Breast milk needs no preparation and is available at any time.

Breastfeeding Concerns and Barriers

If you have not breastfed before you may have concerns or misconceptions about breastfeeding. Common concerns or misconceptions:

- *Formula is the same as/good as breast milk*
 - Breast milk is perfectly formulated for your baby. It changes to meet your baby's needs. Formula cannot change to meet your baby's needs.
- *My breasts are too small or too large*
 - Breast size does not affect your ability to breastfeed. Size is determined by how much fat is in the breast, breast milk is made by mammary tissue.
- *My mother, sister, cousin couldn't breastfeed or did not make enough milk, so I won't be able to either.*
 - The amount of milk you make has nothing to do with how successfully others in your family breastfed. The more you breastfeed, the more milk your body will make. Your body knows how much to make by how much your baby is drinking.
- *I don't want to watch what I eat*
 - Although it is best for you and your baby to eat a healthy diet, what you eat has very little to do with being able to breastfeed. There are no foods that you need to avoid in order to breastfeed.

- *You cannot work if you breastfeed.*
 - You can work and breastfeed! For the first few weeks (at least 4 weeks) breastfeed your baby exclusively, to help build your milk supply and not to confuse the baby by changing between breast and bottle. Once you return to work, your sitter can use a bottle to feed the baby through the day, and you can continue to breastfeed when you are home with your child. WIC can supply you with a breast pump to express your milk while at work, so your sitter can bottle-feed your baby breast milk while you are gone.

- *The baby's father/grandmother wants to be involved and if I breastfeed they will be left out.*
 - Breastfeeding is a special job that only you can do for your baby, but there are lots of things other family members can do to feel important too:
 - Burp the baby
 - Bring baby to mom for feeding
 - Play with or soothe baby when he is fussy
 - Bathe the baby

Formula Feeding

If you choose to feed your baby using formula or supplement breastfeeding with formula, feed your baby iron-fortified formula until one year of age. When bottle feeding your baby hold your baby upright during feedings and tilt the bottle so there is a good flow of formula. Your baby will only take a small amount of formula in the first few days and will gradually increase the amount over the first few months. Continue to feed your baby when they show signs of being hungry. Also, watch your baby for signs they are full to avoid overfeeding.

Hunger and Fullness Cues

It's natural to be concerned about the amount of milk your baby needs to grow. If you are breastfeeding, be assured that your body will make exactly what your baby needs. The more often you feed your baby, the more milk your body will make. When feeding your baby, remember to watch for hunger and fullness cues.

Signs of Hunger

When baby is hungry he may:

- Keep his hands near his mouth
- Bend his arms and legs
- Make sucking noises
- Pucker his lips
- Search for nipple (root)

Signs Of Fullness

When baby is full he may:

- Suck slower or stop sucking
- Relax his hands and arms
- Turn away from the nipple
- Push away
- Fall asleep

Is My Baby Getting Enough?

Here are some ways to ensure that your baby is getting enough milk:

- Monitor your baby's weight gain. Babies should have ½ to 1 ounce of weight gain daily for the first six months of life. Babies should be back to their birth weight at 2 weeks. See your baby's doctor if you have any concerns about your baby's weight gain.
- Your baby will need to eat 8-12 times per day. This means that the baby needs to eat every 1 ½ to 3 hours.
- Refer to stomach model sizes or Stomach Size poster to review the stomach size of an infant at day 1, 3 and 10.
 - Your baby's stomach is very small. Many moms are concerned about having enough breast milk, notice how little a newborn infant's stomach can hold. By day 10, your infant's stomach will grow to hold only about 2 ounces. This is the reason infants need to eat frequently.
- Count wet and dirty diapers. Your infant should have 6 or more wet diapers and at least 3 dirty diapers after the first six days of life. The *Is My Baby Getting Enough* handout provides you with more information about wet and dirty diapers.

Summary:

Breastfeeding is the recommended method to feed your new baby and any breast milk you provide can benefit you and your baby. No matter which method you choose, your baby will need to feed often because of their small stomach. How you will feed your baby is one of the most important decisions you will make.

Closing Activity/Questions:

Ask one of the following questions to conclude today's discussion.

- *What did you find most interesting about today's topic?*
- *Was there something you heard today that you haven't heard before?*

References:

- American Academy of Pediatrics - <http://www2.aap.org/breastfeeding/>
- California Baby Behavior Campaign - <http://www.cdph.ca.gov/programs/wicworks/Pages/WICCaliforniaBabyBehaviorCampaign.aspx>
- Center for Disease Control Breastfeeding - <http://www.cdc.gov/breastfeeding/index.htm>
- La Leche League - <http://www.llli.org/>
- Office of Women's Health - <http://www.womenshealth.gov/breastfeeding/>
- Pediatric Nutrition Handbook 6th Edition, American Academy of Pediatrics, 2009

Resources:

- The following materials may be ordered from the pamphlet library. Materials with a website listed may also be accessed at the Kentucky Cabinet of Health and Family Services Nutrition Services Branch Nutrition Education Materials website <http://chfs.ky.gov/dph/mch/ns/Nutrition+Education+Materials.htm> or direct links:
 - Kentucky Infant Feeding Guide Birth to Four Months
<http://chfs.ky.gov/NR/ronlyres/45A92B90-A056-41FF-ACCA-C8A17A858F93/0/04moKYInfantfeedingGuiderev2009.pdf>
 - Breastfeeding: Baby's Best Start <http://chfs.ky.gov/NR/ronlyres/52B50DD3-BEA9-436D-9C5C-FFAD652363E5/0/BreastfeedingBabysBestStart.pdf>
 - Breastfeeding: Planning Ahead During Pregnancy
<http://chfs.ky.gov/NR/ronlyres/7E7079EF-766C-41C2-A9F8-E4135B73D0DD/0/BreastfeedingPlanningAheadDuringPregnancy.pdf>
 - Is My Baby Getting Enough? <http://chfs.ky.gov/NR/ronlyres/37EA5630-A1D8-472A-84AA-2A9EBC897F47/0/Ismybabygettingenough.pdf>
 - Stomach Sizes Poster
- Baby Bellies Display may be found at: Childbirth Graphics (<http://www.childbirthgraphics.com/index.php/baby-bellies-display.html>) OR Health Edco (<http://www.healthedco.com/index.php/shop-by-subject/childbirth-development/baby-bellies-display.html>)
- Breast milk vs. Formula Building Blocks Poster (Optional) may be found at: <http://www.cdph.ca.gov/programs/breastfeeding/Documents/MO-HowDoesFormPosterEng.pdf>