

Lunch talk with Perinatal Nursing Student Group at UW-Madison  
4/6/2015

Intro:

Adria Cannon, IBCLC

"IBCLC" International Board Certified Lactation Consultant

Video:

"Baby-Led Breastfeeding...the Mother-Baby Dance" by Christina M. Smillie

Topics that show up in the video:

- Babies are capable. They are not born helpless and incompetent.
- Skin to skin is VERY useful for initiating breastfeeding.
- Hands-off helping leads to longer-term breastfeeding success
- New parents need nurturing!

Some other important topics to consider as a breastfeeding helper:

- Babies mature and change quickly. Good breastfeeding strategies this week (or this day) won't necessarily be appropriate tomorrow.
- Sleep. You can't talk about breastfeeding without touching on infant sleep as well.
- Learning style. Breastfeeding is a learned behavior. You've got to tailor teaching styles to the learning style of the family you're helping.
- Birth. Birth is a huge event in families lives. Many things that happen in the birth (even if it was complication-free from a medical point of view) can affect breastfeeding.
- Breastfeeding happens within a larger social context: medical, family, work, culture. Some particular things to keep in mind include body image, economic stresses, return to work, family support/demands, changing roles as people become parents.
- Watch your language! Think about vulnerability of new parents, possible unknowns about gender or sexual orientation, challenges they may bring from previous experiences.

Time for discussion.