

# Breastfeeding Webinar Series (2 of 3) The Real World of Breastfeeding

August 3, 2020



 **minnesota**  
**breastfeeding coalition**  
*breastfeeding: healthy babies • healthy families • healthy communities*

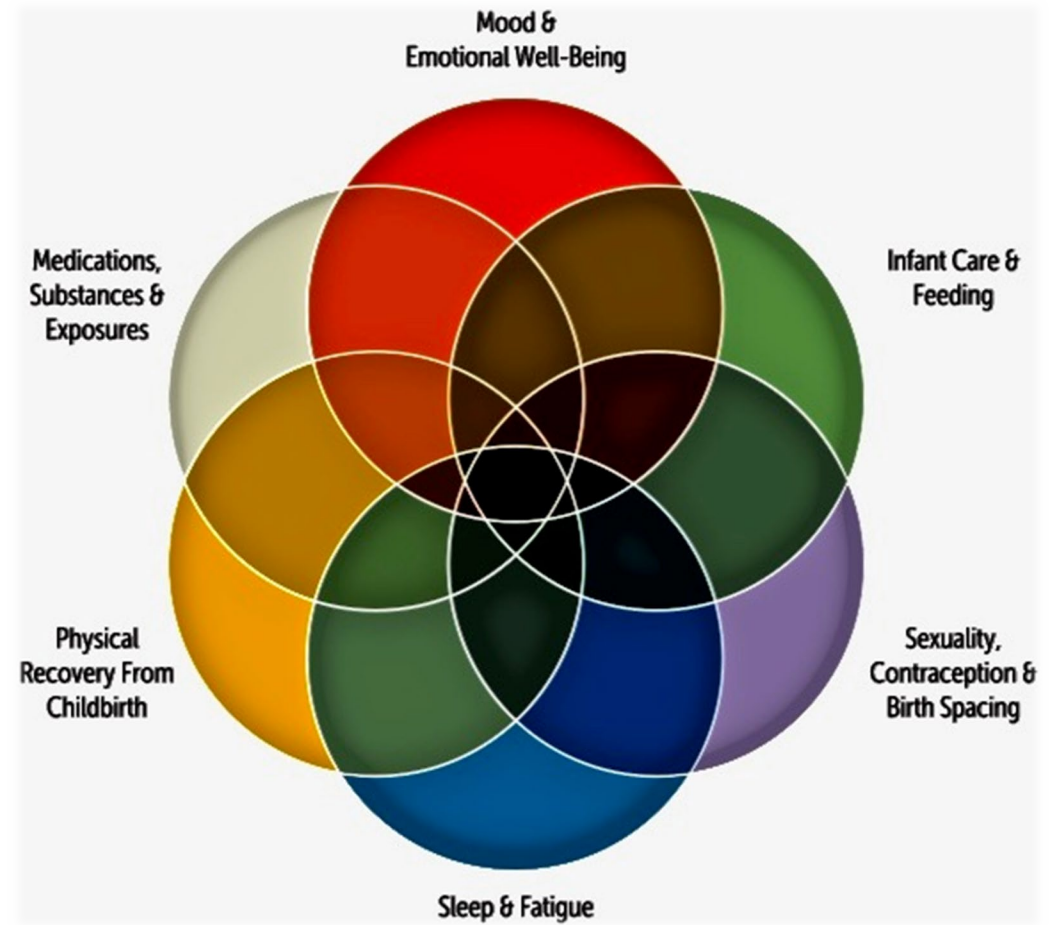
 **Minnesota**  
**Community**  
**Health Worker**  
**Alliance**

# Objectives

In this webinar, we will learn about:

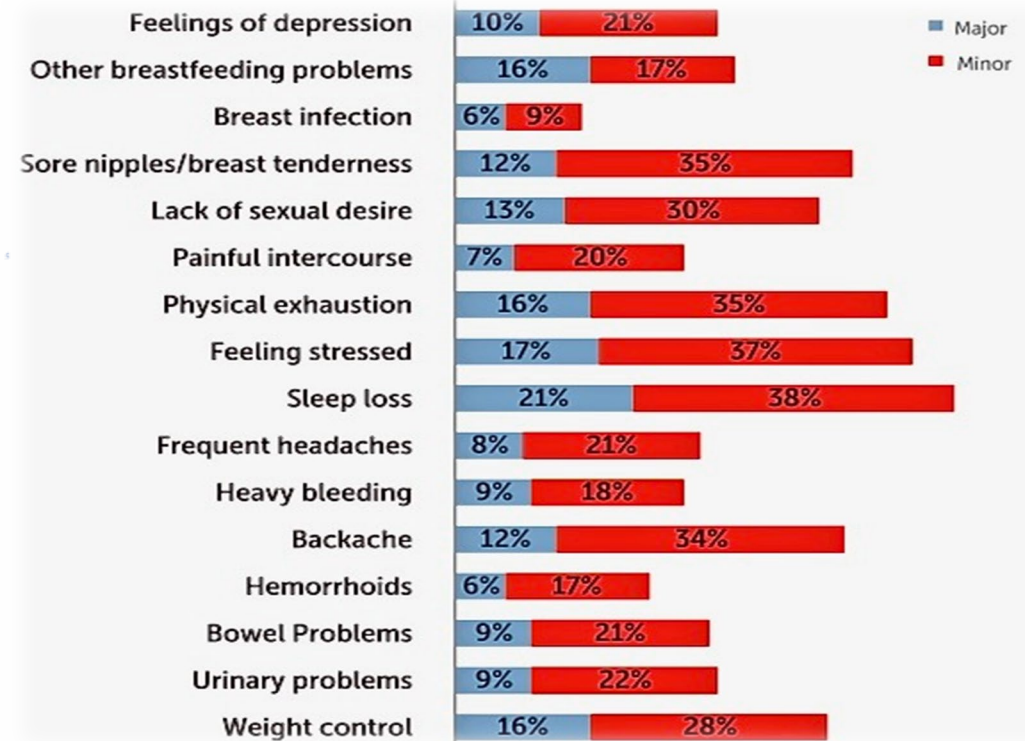
- The fourth trimester model
- Family and partner support in breastfeeding
- The importance of cultural traditions in infant feeding
- The intersection of family, culture and mental health during breastfeeding

# The "Fourth Trimester Model"



Viewing the first few months of the postpartum period where different aspects of the mother-baby condition are interrelated

## What feelings do mothers report in the first few months postpartum?



New mothers report experiencing these health problems in the first 2 months.

Some recommendations for mothers are:

- Develop post-partum plans; make cooking, cleaning assignments
- Align your sleep-wake patterns with baby's sleep-wake patterns
- Learn how to ask for help/what you need from partners, family members

## Being successful at Breastfeeding!



- Steps to take to ensure breastfeeding success (good support, good nutrition, skin-to-skin, feed on demand, good latch)
- Make sure the family is educated for breastfeeding success
- Breastfeeding is protective against postpartum depression

## Responding to Feeding Cues



- Learning about baby's communication and needs (parent, partner and family)
- Building and maintaining milk supply  
(See webinar 1)

## Family Structure and Dynamics



- Cultural practices and norms
- Family structure, community and mental health
- Breastfeeding traditions; collective wisdom
- Going back to work and/or school

## Baby Blues vs. postpartum depression



- What to ask and what to look for
- The relationship between breastfeeding and postpartum depression
- Breastfeeding is protective against postpartum depression
- It is normal to feel sad for about a week. If it goes beyond two weeks, you need to start thinking about post-partum depression and getting help



What about good nutrition?



- Breastmilk is the first medicine
- Basic nutritional recommendations during postpartum period
- Keep taking your multivitamins
- Connecting Families with WIC

What about medications?



- Culture plays a role in medication decisions
- How to know which medications are compatible with breastfeeding

## Partner Support



- Support for positioning and latching, baby wearing, car seat carrying etc.
- Support for pumping and milk expression,
- Support with household duties, cooking, cleaning, laundry
- Support should be planned for, well in advance

## Sleep and Family Support



- How family can help with nighttime feedings
- How can everyone get enough sleep
- Sleeping safely with your infant

# Breastfeeding during Covid-19



The screenshot shows the Minnesota Department of Health website. The header includes the logo, navigation links for HOME, TOPICS, and ABOUT US, and a search bar. The main content area features the article title 'Breastfeeding During the Current Health Crisis' and a sub-header 'MN WIC Program'. The article text states that women should discuss recommendations with health care providers. A 'For Healthy Women:' section lists two bullet points: 'Breastfeeding remains recommended.' and 'Breast milk provides protection against many illnesses.' On the right side, there is a 'Share This' button, contact information for the Minnesota State WIC Office, and a 'Breastfeeding Friendly' logo.

**Women, Infants, and Children (WIC) Program**

- WIC Home
- WIC Families - Welcome to WIC!
- WIC Success Stories
- Am I Eligible for WIC?
- WIC Agency Directory
- Breastfeeding & You
- Recipes
- Shopping for WIC Foods
- WIC Grocery Store Search
- Información en Español

## Breastfeeding During the Current Health Crisis

**MN WIC Program**

Women should discuss recommendations with their health care providers. You can share some of the information below with your health care provider and discuss your unique situation.

**For Healthy Women:**

- Breastfeeding remains recommended.
- Breast milk provides protection against many illnesses.

[Share This](#)

To contact the Minnesota State WIC Office call 1-800-657-3942 or 1-651-201-4444

  
**Breastfeeding Friendly**

**More Information about Breastfeeding**

- Finding support during emergencies, pandemics, civil unrest
- Breastfeeding is even more critical during emergencies

## Recap



- Support! Family and partner support is critical
- Reclaiming protective cultural traditions in feeding, such as baby wearing
- The intersection of breastfeeding, family, culture and mental health

# Additional Resources

- MBC Prenatal Toolkit <https://mnbreastfeedingcoalition.org/prenatal-toolkit-2/>
- Global Health Media Project Videos for health workers <https://www.youtube.com/watch?v=hs7ai466toE&list=PLxVdpaMfvxLD35AIGQDPro8I7-ZGOsLnK>
- Global Health Media Project Videos for mothers <https://www.youtube.com/watch?v=uMcgJR8ESRc&list=PLxVdpaMfvxLCDSNEgM2QcN5pAc-LraJgL>
- La Leche League <https://www.llli.org>
- Kelly Mom <https://kellymom.com>
- WIC breastfeeding support <https://wicbreastfeeding.fns.usda.gov/about>
- Primary care provider
- Hospital Lactation consultants
- Promoting Maternal and Infant Health in the 4<sup>th</sup> Trimester <https://www.mombaby.org/wp-content/uploads/2017/10/ZERO-TO-THREE-Journal.pdf>



**THANK YOU!**

### Presenters

- Dr LaVonne Moore
- Foua Khang
- Shashana Craft
- Shandy Mangra
- Linda Kopecky

For more information:

- Minnesota Breastfeeding Coalition (MBC):  
<https://mnbreastfeedingcoalition.org/>
- Minnesota Community Health Worker Alliance (MCHWA): <http://mnchwalliance.org>