

Welcome!

Welcome to the inaugural edition of our newest resource regarding lactation and breastfeeding support. We hope this newsletter will provide a further means to overcome and minimize barriers to successful breastfeeding. At UC Davis we have a diverse portfolio of academic programs dedicated to understanding and supporting human milk and lactation and the application of that research into practice:

- Foods for Health Institute ([FFHI](#))
- FFHI [Milk Bioactives Program](#)
- [Human Lactation Center](#)

This translation of research to action is part of the Chancellor's Vision of Excellence "to advance the human condition through improving the quality of life for all." In partnership with the FFHI and the Women's Resource Center, our nationally recognized and honored [WorkLife Breastfeeding Support Program](#) (BFSP) provides our community with lactation consultation, educational classes and support groups and lactation rooms with hospital grade pumps.

Upcoming Groups & Classes

- **Continuing to Breastfeed When you Return to Work/School**
December 7
- **Preparing for Breastfeeding**
January 10
- **Support Group Meetings:**
Nov 16, Jan 18, Feb 15,

For details and registration click [here](#)

Local Support

Graduate and Professional Mamas

[La Leche League of Davis](#)

[New Parent Network](#)

[Postpartum Support Group](#)

[UC Davis Graduate Families](#)



Breastfeeding and the Holidays

It's that time of year where traditions flourish. We spend time with family and friends, celebrate, shop and travel. As magical and exciting as this time of year is it can be overwhelming for a breastfeeding mother and baby. How does one keep priorities in order, cope with commitments and family, and still find time to relax?

➤ **Prioritize Feedings:**

You may notice that your baby's feeding pattern is "off." Babies may become distracted, fussy, or have trouble getting settled in to a new or changed environment. It's important to not get side-tracked and skip feedings. Consistency of feedings reduces the chances of plugged ducts, mastitis or other infections, and a lower milk supply for mothers. Consistency can help keep your baby content.

➤ **Wear Accessible Clothing:**

Whether out and about shopping, traveling, or attending a party, choose clothing that allows easy access for breastfeeding or pumping. Choosing a two-piece outfit that can be unbuttoned down the front reduces the need to completely disrobe. Consider wearing a patterned top if "leaking" concerns you and include an extra shirt for yourself in the diaper bag.

➤ **Know where to get support:**

Identify where can you get expertise and help during the holiday season such as a reliable website. Determine ahead how to access a Lactation Consultant during the holidays.

Continued...

FAQs

This section is for our most commonly asked questions. Please submit questions to our lactation consultant, Shirley German at sagerman@ucdavis.edu

Q: How do I know my baby's getting enough milk?

A: Breasts don't come with built in gauges to measure the amount of milk a baby is getting; however, there are other means of determining milk transfer.

Baby will be gaining weight. Typically, up to a 7% loss during the first 3-4 days of life is normal; babies should then have regained their birth weight at around 2 weeks of age. From that point, a baby may gain 5.5 – 8.5 oz/ week, until about 4 months of age; 3.25 – 4.5 oz/week,

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Contact us at: worklife@ucdavis.edu

Breastfeeding Support News is a quarterly electronic newsletter published by WorkLife at UC Davis

To remove your name for our mailing list [click here](#).



Holidays

► **Be prepared to deal with unsolicited advice and comments:**

You know your baby best. You may need to filter out information that others think is best that conflicts with your knowledge and experiences regarding your child. Consider what you can ignore and determine what is non-negotiable. Be firm with your convictions. You may find it helpful to seek the help of your spouse or partner. Delegating the responsibility of addressing unwanted comments may help preserve a fragile familial/friendly relationship.

► **Consider making some accommodations of your own:**

For instance, the decision to stay at the table and breastfeed a fussing baby, should include how much of a distraction this is to all participating members of the event. Would seeking solitude in this instance, preserve peace and accomplish feeding more quickly?

► **Ensure Sleeping Patterns:**

Babies often sleep best in environments that most closely relate to their accustomed space, noise level, etc. This may not be possible when visitors are present or you find yourself in an unfamiliar location. You may find you need to return to/emphasize baby's known comfort techniques – wear your baby in a sling, use low white noise, lie down with them, use bouncy chairs, swaddle them, keep them in the room with you at night, ... whatever is needed to “get by.”

► **Traveling:**

Plan ahead – how many feedings are typical for your baby in the time that it may take to get where you're going? How will you keep milk cold? Carry a “stash” of extra food to accommodate for unexpected situations. If flying, wake up your baby when taking-off or landing, and have them not only suck but swallow. Will you breastfeed directly or will you use pumped milk from a bottle? A pacifier may not be as effective in clearing baby's ears but is better than not sucking at all. Keep in mind that [TSA regulations](#) include breast milk in those medical liquids that are exempt from the 3-1-1 rules; are allowed in reasonable quantities; and are not required to be in a zip-top bag.

► **Take the Help:**

Whether it's help stowing the luggage, bouncing a fussy baby, or taking a much needed break, accept assistance or *ask for help*.

► **Eat, Drink, Sleep (& be Merry):**

Make sure that *you* are eating, drinking, and sleeping sufficiently to keep energized and in good spirits. Ignoring your own health needs can deplete your immune system and may encourage illness.

► **Distractable Babies:**

New locations, people and events may result in a more distractible baby during the holidays. Feedings may become shortened and less frequent with a baby that is pulling away from their latch. You may need to consciously practice coaxing baby back to the breast and take advantage of some of the following management techniques to avoid calorie loss and the challenge to your milk supply:

- * Take advantage of quiet nighttime feedings, and feed in a side lying position.
- * Find a quiet place to breastfeed with minimal distractions.
- * Try breastfeeding when baby is sleepy, just waking up, or even (lightly) asleep.
- * Try different positions – the football hold allows the most control of the baby's head.

FAQs

4-6 months of age; and, 1.75 – 2.75 oz/week, 6 – 12 months of age (WHO Child Growth Standards 2006.)

Baby should latch deeply ($\geq 120^\circ$ angle at the corner of the lips) and should “actively” feed for about 7 – 30 minutes per side (depending on the age of the baby). Active feedings include a sucking pattern of short bursts of sucking followed by longer, stronger jaw movements. This pattern will repeat itself throughout the feeding as baby initiates more letdowns and removals. There should be no clicking or smacking sounds.

Swallowing will be/become audible (around 3-5 days of life, if not before). One should hear baby swallow after every 2-5 sucks.

What goes in, must come out Expect at least one wet diaper on Day 1, increasing to around 6 by Day 7. Urine will become pale yellow and may be mixed with watery, curdy stools by Day 4-5. On the first day of life, baby should have one poopy diaper, increasing to two on the next day and three on Day 3 or 4 of life. Stools should be changing in color and consistency from dark black, to green, to yellow, and, be seedy/watery by Day 4. Poops only count if larger than a quarter coin.

Satiety cues are behaviors exhibited when baby is no longer hungry. Baby will be calm, relaxed and likely fall asleep. Watch for baby's hand to open and move away from their face and their arm to lift and fall limp when gently dropped.

Avoid pacifiers and bottles for the first 4 weeks of life. The American Academy of Pediatricians recommends waiting 4-6 weeks before introducing artificial teats to avoid nipple confusion, compromising mom's milk production and supply, and interfering with baby's feeding cues that may lead to slow weight gain.