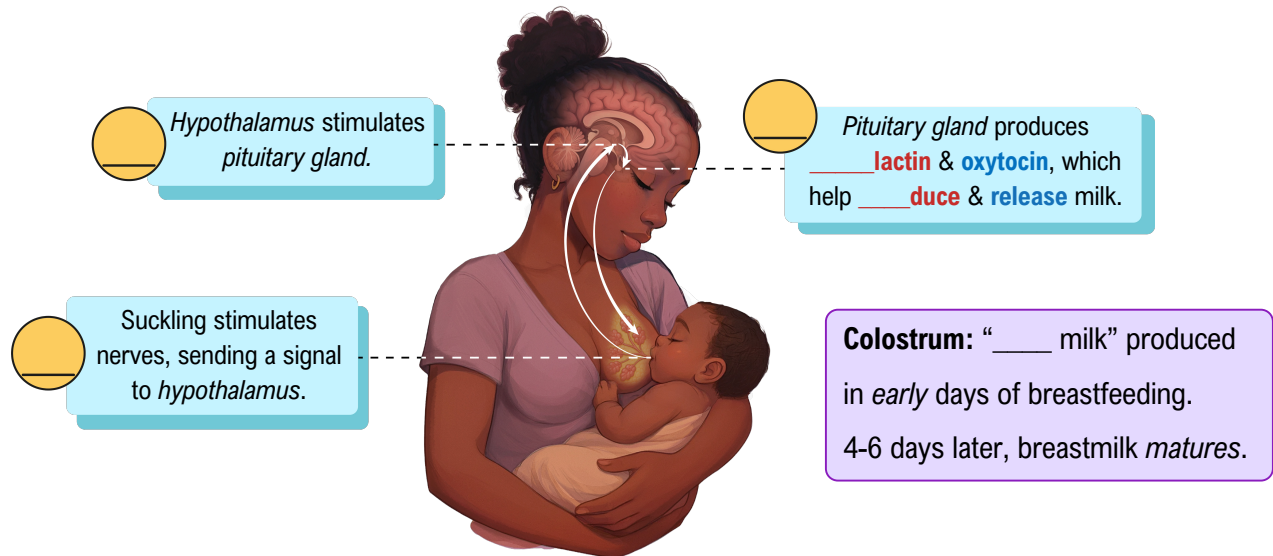


## CONCEPT: BREASTFEEDING

### Breastfeeding

- ◆ **Lactation:** a mother's *production & release* of breast \_\_\_\_\_ to nourish her infant(s); driven by \_\_\_\_\_:
  - **Prolactin** triggers milk *production*; **oxytocin** triggers milk \_\_\_\_\_.



- ◆ During each feeding session, breastmilk changes from *foremilk* (low fat) → *hindmilk* (high fat).

### PRACTICE

Claire is a new mother and is trying to breastfeed her child. However, her body has an issue with oxytocin production. Which part of the breastfeeding process would most likely be impacted?

- a) Colostrum production, because oxytocin only stimulates breastmilk production in the few days after birth.
- b) The transition from foremilk to hindmilk during each breastfeeding session.
- c) Milk production, because oxytocin stimulates the milk production process.
- d) The “let down response”, because oxytocin triggers the release of breastmilk.
- e) The breastfeeding process does not require oxytocin.

## CONCEPT: BREASTFEEDING

### Benefits of Breastfeeding

- ◆ Formula is *safe* & meets *basic nutritional needs* supporting normal growth, but breastfeeding is the gold-standard.
  - Mothers are recommended to *exclusively* breastfeed for the first \_\_\_\_ months.

Breastmilk is \_\_\_\_\_ & nutritionally *superior*, providing better protection from diseases, infections, & allergies.



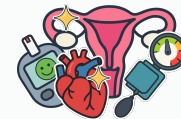
Breastfeeding can be more convenient & is far \_\_\_\_\_ expensive.



Can promote affection & deep \_\_\_\_\_ between mother & baby.



Helps uterus return to its prepregnancy size/shape.  
\_\_\_\_\_ risk of birth-related bleeding, type 2 diabetes, & some cancers.



**Note:** Avoid prescription/illegal drugs, smoking, & alcohol & limit caffeine while breastfeeding.

## EXAMPLE

Which of the following is NOT a benefit of breastfeeding?

- a) It strengthens the bond between mother & baby.
- b) It's less expensive & in some ways more convenient than baby formula.
- c) It helps develop the infant's immune system as it contains antibodies & immune cells.
- d) It provides the infant with a lot of vitamin D.

## PRACTICE


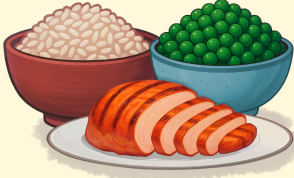

Which of the following statements about breastfeeding is false?

- a) Formula is developed to be as similar as possible to breastmilk & is a safe alternative.
- b) Production & release of breastmilk requires the release of prolactin & oxytocin from the pituitary gland.
- c) Exclusive breastfeeding for 6 months can reduce the risk of ovarian cancer & help the uterus return to its prepregnancy size.
- d) Formula is always more nutritious than breastmilk.

## CONCEPT: BREASTFEEDING

### Nutritional Requirements for Breastfeeding Mothers

◆ Breastfeeding requires \_\_\_\_\_ amounts of fluids & most nutrients. Breastfeeding mothers should:

Fluids	Macronutrients	Micronutrients
____ intake to ~____ liters of fluids per day (water, juice, milk, & foods).	____ Calories from 450 to 330-400 extra kcal per day. ____ carbohydrate intake from 175 g to 210g per day. ____ ~1.1 g protein per kg per day.	____ intake of <i>most</i> micronutrients. ____ iron intake to 9 mg per day ( <i>Below</i> normal RDA).
		

**Note:** With proper nutrition, breastfeeding mothers can meet nutrient needs \_\_\_\_\_ supplements.

## EXAMPLE

Erin is worried that she won't be able to exclusively breastfeed her newborn baby for the first 6 months due to her work commitments. Which of the following is a suitable solution to this problem?

- a) Use a combination of both breastmilk & baby formula.
- b) Use a breast pump and store breast milk in the refrigerator, so the baby can be fed when she's at work.
- c) Start feeding semi-solid food to her baby at 2-3 months old.
- d) Exclusively feed her baby with formula until 12 months old.
- e) Answers a & b only.
- f) Answers a & c only.

## PRACTICE

A breastfeeding mother should:

- a) Drink at least 4.5 liters of water or other fluids per day.
- b) Consume at least 27 mg of iron per day.
- c) Continue to completely avoid cigarettes & recreational drugs.
- d) Reduce their daily caloric intake back to the pre-pregnancy RDA.