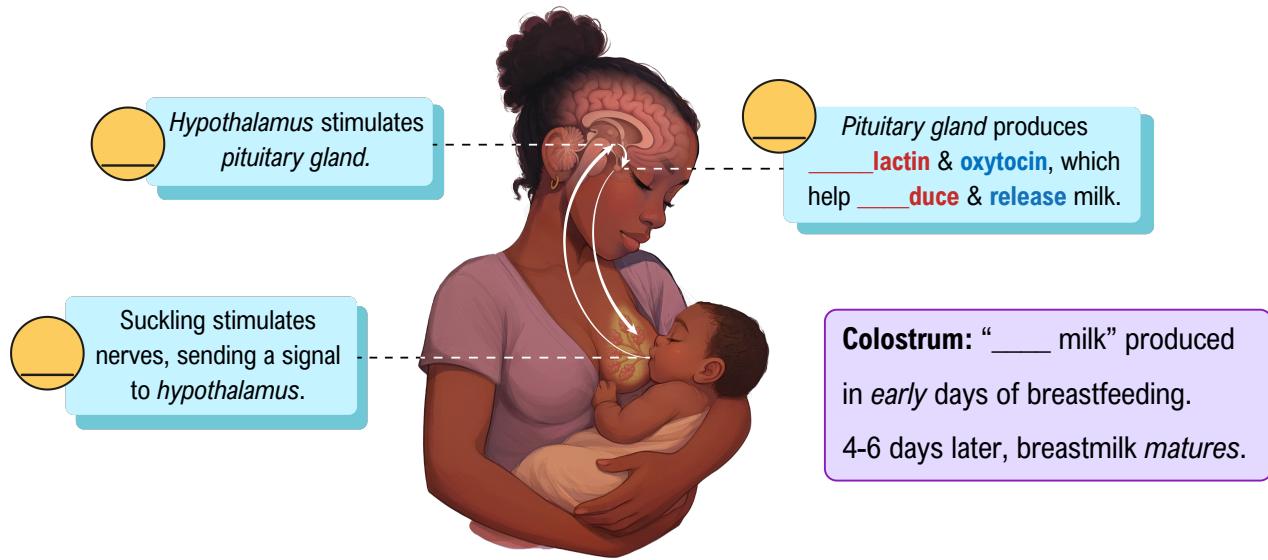


CONCEPT: BREASTFEEDING

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?

- Colostrum production, because oxytocin only stimulates breastmilk production in the few days after birth.
- The transition from foremilk to hindmilk during each breastfeeding session.
- Milk production, because oxytocin stimulates the milk production process.
- The "let down response", because oxytocin triggers the release of breastmilk.
- 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 <i>superior</i> , 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?

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

PRACTICE

Which of the following statements about breastfeeding is false?

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

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

PRACTICE

A breastfeeding mother should:

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