

Teaching Points to Use with Mothers Requesting Formula

Developed by
Jackie Kampp, MSN, RN, FNP-S
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| Mother's Concerns | Reason for requesting formula | What you can say | Teaching opportunities/ How you can help |
|---|---|--|---|
| <p>I'm afraid my baby isn't getting enough...</p> <p>My baby doesn't seem satisfied....</p> <p>My baby is hungry after I feed him....</p> | <p>Perceived insufficient supply.</p> <p>Lack of knowledge regarding baby's stomach capacity.</p> <p>Lack of knowledge about other ways to soothe crying baby</p> | <p>I can see that you are worried about your baby.</p> <p>Can you tell me why you feel your baby isn't getting enough breastmilk?</p> <p>How is your baby letting you know he is hungry? (Might need to move to another row based on answer)</p> | <p>Reassurance, help with breastfeeding & education regarding physiology of breastfeeding.</p> <p>NB stomach capacity: Day 1: 7ml, Day 2: 27 ml</p> <p>Milk production: minimal for 1-2 days postpartum, increases by day 2-3.</p> <p>Hunger cues, satiation cues</p> <p>Ways to calm a fussy baby</p> |
| <p>I just can't do it...</p> | <p>Lack of confidence in parenting.</p> <p>Lack of confidence in body's ability to feed her baby</p> | <p>Yes, many mothers find these first few days frustrating and frightening. We are here to help you.</p> <p>You are doing such a great job taking care of your baby! I can tell you really love him (or her). How can I help you be successful?</p> <p>Women often feel they are not able to make enough milk. You made a beautiful baby and your body will also be able to feed it.</p> <p>(Might need to move to another row based on answer)</p> | <p>Look at how your baby looks at you and molds to your body when you hold him.</p> <p>Be a cheerleader! If she is on WIC and she has a breastfeeding peer counselor help her make contact.</p> <p>Refer to Public Health Nursing, local support groups, provide IBCLC contact.</p> |
| <p>My baby is fussy/crying and nothing helps.</p> <p>My baby pulls (or pushes) away when I try to feed him.</p> | <p>Reading baby cues incorrectly.</p> | <p>Yes, mothers are often confused at first with what their baby is saying. You are such a good mom already! You are recognizing that your baby is not happy.</p> <p>Did you know that babies communicated all their needs through fussing and crying? And fussing/crying doesn't always mean that your baby is hungry. Your baby might be trying to tell you he (or she) wants something to be different.</p> <p>Sometimes babies "bob" their heads to find the breast and mothers might think the baby is pulling away from the breast. This is a normal newborn behavior.</p> | <p>Education regarding baby cues.</p> <p>http://www.secretsofbabybehavior.com/</p> <p>www.babybehaviorist.com</p> <p>Normal infant feeding reflexes include "bobbing" their heads to find the breast. Learn more about the many feeding reflexes we can trigger with just positioning change, making breastfeeding much easier for mother, baby and nurse at http://www.biologicalnurturing.com/</p> |

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| I don't think I'm making enough milk. | Perceived insufficient supply. | <p>Many mothers have that concern when they first start to breastfeed, but their supply turns out to be fine. Can you tell me why you might think you aren't making enough milk?</p> <p>(Might need to move to another box based on answer)</p> | <p>Education regarding normal stages of milk production (colostrum to transitional to mature milk) and normal physiologic amounts (See Academy of Breastfeeding Medicine Protocol # 3), intake / feeding:</p> <p style="padding-left: 40px;">1st 24 hours 2–10 ml 24–48 hours 5–15 ml 48–72 hours 15–30 ml 72–96 hours 30–60 ml</p> |
| My baby won't wake up to breastfeed. | Fear baby may be starving | I can see that you are concerned about your baby, as you have been told he needs to eat very often | <p>Some newborns have long periods of sleep after their first feeding, then they wake up more often.</p> <p>Education regarding normal newborn sleep patterns. http://www.medscape.com/viewarticle/729432</p> <p>Normal newborn breastfeeding patterns, cluster feeds, etc.</p> <p>We can put your baby skin to skin and see if being near the “cafeteria” will interest him in nursing, even if he's asleep.</p> |
| I'm having a lot of pain.... | Pain | <p>It must be difficult to be in so much pain and have a new baby. Tell me where your pain is...</p> <p>(Then) Let me check when you last received you pain meds!</p> | <p>Ensure proper pain management.</p> <p>Education regarding safety of pain meds for her & baby.</p> <p>Alternative positions: laid back breastfeeding http://www.biologicalnurturing.com/</p> |

Adapted from *Sample Script for Nurses to Educate Mothers About Supplementation*, by Mary Sullivan with collaboration from Donna Yukhiro, Wendy Fisher and Bonnie Henson.