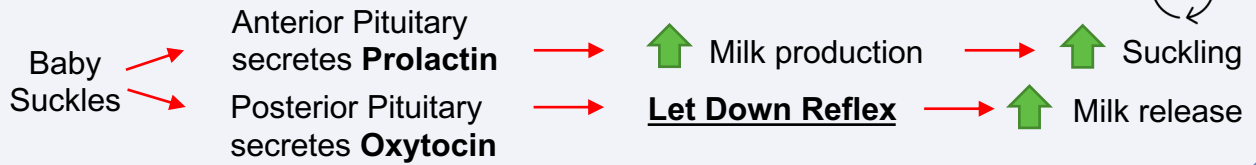






Physiology Reflexes



Nutritional Components

- ✓ 3.5g/100mL of **fatty acids**
- ✓ Lactose and oligosaccharide **CHOs**
- ✓ 0.9g/100mL of **proteins**
- ✓ Breastmilk has enough calories for infants to meet their growth requirements 

Benefits to Mother & Baby

- ❖ ↓ risk of **postpartum bleeding**
- ❖ Decrease **stress** for mom & baby
- ❖ Improve **host defense**
- ❖ Promote **GI** development
- ❖ ↑ **bonding** of mom & baby 

Breastfed babies require **400-800 IU** of **Vitamin D supplementation** daily!



Common Concerns

Approaches

Insufficient milk supply	<ul style="list-style-type: none"> ✓ Frequent feeding every 2-3 hours ✓ Sufficient milk removal by feeding or pumping
Poor latch	<ul style="list-style-type: none"> ✓ Try correcting techniques and repositioning ✓ Get support from a lactation consultant
Nipple and Breast Pain	<ul style="list-style-type: none"> ✓ Lanolin cream is helpful for sore or cracked nipples ✓ Mastitis should be assessed by an MD
Jaundice	<ul style="list-style-type: none"> ✓ Lactation failure jaundice requires medical intervention ✓ Physiologic jaundice is benign and resolves by itself
Unable to Breastfeed	<ul style="list-style-type: none"> ✓ If moms cannot/do not wish to breastfeed, that's ok! ✓ Many options available for formula feeding ✓ Provide counselling and support

Overall, the most important thing to consider is that the baby is well fed, growing and thriving, and the mother feels well supported!