

WEEK 2



Lactation University Volunteer Support Program

Track 1: Prenatal Meetings

Theme: Exploring Your Feeding Choice

Human Milk Composition and Artificial Human Milk

OBJECTIVES:

1. Attendees will be able to list 4 components that are in breastmilk but not formula
2. Attendees will be able to explain how to properly prepare powder formula
3. Attendees will be able to demonstrate 3 breastfeeding positions

OPEN-ENDED QUESTION/DISCUSSION: What nutrients have you heard are in breastmilk? or How is breastmilk different from formula?

Education: What is a mammal?

As a mammal, by definition, you produce species-specific milk for your offspring. All mammals have tailor-made milk for their newborns. Human milk is the most complex mammalian milk. It changes during a feed, hour-by-hour and day-to-day.

Consider explaining the four types of mammals (nesting, cache, follow and carry).

Education: What nutrients have been identified in breastmilk?

Although it is impossible to restrict a living fluid to a finite list of nutrients, this session will serve as a conversation starter. We will share some fascinating facts about human milk. Unique nutrients in breastmilk can affect the immediate and long-term health of your baby. Human milk is fascinating and worthy of further exploration. This renewable resource provides the best nourishment for babies.

Scientists use breastmilk as the standard to pattern human milk substitutes (infant formula) after. Formula companies attempt to improve their product through researching breastmilk. Currently, the Food and Drug Administration (FDA) requires six nutrients to be in all US manufactured formulas. These components ensure commercial formula is nutritionally and calorically sufficient for your baby.

Donor milk may be available in some hospitals for specific situations. It is often covered by insurance companies if it is considered medically necessary. Parents may also consider “share” milk from donors. This is called “informal milk sharing.” Resources like Eats on Feets and Human Milk for Human Babies connect families with local donors.

Education: Be aware of deceptive, predatory formula marketing

Any formula on the market must meet FDA minimum or maximum requirements for nutrients. Some formulas boast of additional ingredients, but many of these claims are for marketing purposes only and do not add to the value of the product. It is important to scrutinize the marketing tactics and read formula can labels to get the whole picture. **Has anyone received free “education” or samples in the mail? How did you feel about the information?**

Education: Proper Formula Preparation

No powder formula is sterile. When possible, babies who are formula feeding should receive readymade or concentrated formula. If someone is using powder formula, it should be prepared in a way that destroys harmful bacteria.

Suggested Teaching Techniques: Species-specific table, Tower or bottle comparison poster, formula can label, formula preparation handout

ADDITIONAL RESOURCES: CDC <https://www.cdc.gov/cronobacter/infection-and-infants.html>

WHO <https://www.who.int/publications/i/item/9789241595414>

National Library of Medicine

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7402982/#:~:text=As%20is%20already%20well%20known,environmental%20factors%2C%20including%20maternal%20diet.>