



**Lactation University Volunteer Support Program**

**Track 1: Prenatal Meetings**

**Theme: Getting off to a Good Start**

Birthing and Breastfeeding

**OBJECTIVES:**

1. Attendees will be able to demonstrate the breast crawl
2. Attendees will be able to list 4 signs of milk transfer
3. Attendees will be able to state 3 benefits of skin to skin

**Education: How Birth Affects Breastfeeding**

You will have a lot of choices when it comes to your birth. There are several options for pain management as well as birthing positions. It is important to know the benefits and risks of each choice. As we consider the breast crawl, where a newborn will use his primitive instincts to crawl to the breast, we see best results in unmedicated births. This does not mean that you cannot choose medical interventions, just be aware of how your baby may act during the first few hours of postpartum based on medications you receive during labor and delivery.

Pain management that does not involve medications include massage, counter-pressure, movement, focal points, aromatherapy, hydrotherapy, meditation, breathing techniques, imagery, reflexology, progressive relaxation and more. It is recommended to take a childbirth class to explore all your options.

**Education: Baby-led Latch/Breast Crawl**

If your baby is alert following delivery, he may crawl to the breast and self-attach. This instinctive crawl is amazing. New moms should be in a reclined position, supporting her newborn with her body. When baby is placed just below the breast, baby will use his feet and forward motion to self-attach to the breast.

Watching some videos can help understand the process of the breast crawl

- Global Health Media Breast Crawl <https://globalhealthmedia.org/videos/breastfeeding-in-the-first-hours-after-birth/>
- Unicef Breast Crawl <https://www.youtube.com/watch?v=zrwflcPB1u4>
- Kidspot <https://www.kidspot.com.au/baby/baby-care/watch-this-hungry-newborn-sweetly-shows-us-her-breast-crawl-instinct/news-story/af8f146b0c17b7c6e610fef4e1583f4d>

If your baby is sleepy or if you are separated from your baby, you might not have the opportunity to experience the breast crawl immediately. You can try to re-create this scenario later. Many babies will still crawl to the breast and latch after a few days.

Don't worry if your baby needs assistance to get to the breast and latch on. If baby cannot latch in the first hour, you can also hand express breastmilk and provide the colostrum to your baby from a spoon

Spoon feed video <https://youtu.be/Zka9OCu94Ns>

The important thing is for the baby to be fed if he needs calories or sugar right away. If there are no risk factors, babies can go a few hours without much intake. Continue to practice skin to skin while baby is waiting to feed.

### **Education: Skin-to-Skin (STS)**

Keeping your naked baby (only wearing a diaper) on your bare body is called skin-to-skin care. There are many benefits to this practice.

What are the benefits of skin-to-skin care for infants?

- Decreased stress in both parents
- Promotes bonding
- Stabilizes baby's temperature, heartbeat, breathing and oxygen levels
- Creates more time in the deep sleep and quiet alert states
- Less crying
- Increased weight gain
- Strengthens baby's digestion and immune system
- Improved breastfeeding
- Reduces postpartum bleeding in moms

**Suggested Teaching Techniques: Demonstrate breast crawl, watch videos, discuss birth options**

ADDITIONAL RESOURCES: <https://news.sanfordhealth.org/childrens/the-importance-of-skin-to-skin-after-delivery-you-should-know/>

Kangaroo Mother Care <https://my.clevelandclinic.org/health/treatments/12578-kangaroo-care>

Journal Article <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6949952/>