

# Maternity Care Infant Nutrition Algorithm

## Ask About History and Plan, Prenatally and Upon Hospital Admission

1. How are you planning to feed your baby?
2. What made you decide that?
3. Do you have any prior breastfeeding experience? (for multips.)
  - B—# babies Breastfed in past?
  - P—# babies had Problems breastfeeding (specify)?
  - A—# babies that she was Able to successfully breastfeed (her opinion)?
  - L—# total Lifetime months of breastfeeding experience?

## Ensure their Feeding Preference is an Informed Decision & Provide Tailored Education

1. Breastfeeding is recommended for all infants unless there is a contraindication
2. The AAP recommends breastfeeding for at least 1 year, exclusive breastfeeding for 6 months
3. If you are awake: Skin-to-Skin, Feed on cue, Keep your baby in the room with you throughout the hospital stay
4. Babies are often quite sleepy in the first 24 hours, followed by 2-3 days of wanting to eat very frequently, especially at night—this is normal!
5. Your breasts will not feel different for the first few days, but you are making concentrated breastmilk with all the nutrition your baby needs, but baby needs those drops often
6. Learn how to hand express your milk and compress your breasts during feedings to signal your body and give all your baby needs
7. You and baby should both be comfortable, keep adjusting until you achieve a deep, comfortable latch to ensure effectiveness
8. Your baby will not need anything else, and in fact, introducing formula can hurt your chances of breastfeeding. We will watch very carefully the weight, output, exam, etc. to make sure that everything is safe. The more often your baby nurses, the more signal your body gets to make more milk
9. You can get hands-on breastfeeding help anytime—call bell, bedside nurse, lactation consultants
10. Delay pacifiers or bottle nipples until breastfeeding is well-established, at least 2-3 weeks of age
11. Importance and 'How To's' of hand expression

Mother says "Formula"  
Record "Formula" in chart

Mother says "Both"  
Record "Breastfeeding" in chart  
Note: Any breastmilk feeding is classified as "Breastfeeding" for data collection purposes

Provide Education About Delaying Use of Anything Other Than Her Milk:

1. Different kind of "suck"
2. Time-sensitive signaling for "turning on" the factory
3. Supply and demand nature of breastmilk production
4. Protection from colostrum that all babies need
5. Recommend waiting at least 2-3 weeks before offering anything else unless a medical reason

Mother says "Breastfeeding"  
Record "Breastfeeding" in chart

Notify Lactation if:

<37 weeks  
SGA, LGA, IDM, Teenager, First-time Breastfeeder, Previous Bad Experience, History of Bad Experience, Flat or Inverted Nipples or Soreness, Multiples, PCOS, Mom with Diabetes, Experiencing latch difficulties, mother-baby separated, or Maternal Request

NOTE: if baby is SGA or less than 37 weeks gestation by EGA or Ballard, mother should be instructed to use breast compression during feedings and hand express/spoon feed after every feeding

Provide safe formula preparation education and provide a handout:  
Contamination risk  
Safe preparation and mixing  
Limiting the amount initially  
Feeding on cue  
Holding baby close  
Maintaining eye contact

Parent still plans to give some formula:  
Provide Education About How to Preserve Breastfeeding (see "YES" box)

Parent is open to trying for exclusive breastfeeding

