

Happy Halloween



Mom Monday #9 October 31, 2016

Halloween seems like a wonderful day to continue to dispel myths about breastmilk, breastfeeding and premature babies. All the information contained in this week's newsletter comes from Dr. Jay Gordon's Blog and his interview with acknowledged expert Dr. Jack Newman:

Myth: Breastfeeding is tiring, particularly for the premature baby, much more tiring than bottle feeding.

Fact: This is not true. This false notion comes from the fact that too often too many people do not understand how breastfeeding works. Research has shown that breastfeeding is less stressful and less tiring than bottle-feeding for the premature baby

Myth: Premature babies cannot start breastfeeding until they are 34 weeks gestation.

Fact: Outside North America (where this myth is taken as gospel), particularly in Scandinavia, babies are starting at the breast by 28 weeks gestation. In Sweden, for example, babies are often breastfeeding (from the breast) exclusively by 34 weeks gestation, before we even "allow" them to start in North America.

Myth: Premature babies cannot breastfeed exclusively.

Fact: Of course they can. A very premature baby may not be able to actually feed at the breast at first, but he can have his mother's milk until he is ready to breastfeed. With good help and encouragement, the mother can produce enough milk and soon have the baby breastfeeding. Unfortunately, most NICUs (neonatal intensive care units) do not provide this help. That is the reason we are involved in the Mother's Own Milk Project.



Did you Know?

Nearly 100 nurses, physicians, and lactation consultants from the participating NICUs attended the kick-off training at WPH for the MOM project. The meeting featured presentations and trainings led by members of the FPQC's Mother's Own Milk Initiative Advisory Committee. Topics included background and significance of human milk for very low birth weight infants with **Dr. Douglas Hardy**, and the Florida Toolkit to improve the use of MOM in the NICU with Dr. Ivonne Hernandez. This initiative is a multidisciplinary Quality improvement project for our NICU (Both the Level 3 and Level 2).