

Test Your Breastfeeding Knowledge

Recent figures for the UK suggest that, although 70% of women begin breastfeeding their newborn babies, only 48% continue beyond six weeks and at six months, only 1% are still exclusively breastfeeding. Studies show that, with support and information, more mothers can successfully breastfeed for longer. How much do you know?

Why should I breastfeed?

1. Because breastfeeding mothers show less postnatal anxiety and depression than artificial feeding mothers
2. Because I will regain my pre-pregnancy weight quicker
3. Because breastfeeding is protective against Sudden Infant Death Syndrome (SIDS)

What benefits will my baby receive from my milk?

1. The essential nutrients, vitamins, proteins, fats and antibodies that he needs to develop physically and neurologically
2. Higher IQ
3. Protection against allergies, respiratory infections and diarrhoea

What are the health benefits for me?

1. I will be less at risk from breast cancer and osteoporosis
2. I will be less at risk from ovarian cancer
3. I will be less at risk from rheumatoid arthritis

What can I do if my breasts become engorged?

1. Put cold Savoy cabbage leaves in my bra
2. Express off a little milk to be more comfortable
3. Feed less often

My baby feeds very often. What should I do?

1. Make him wait longer
2. Breastfeed frequently when he is well attached
3. Find out whether he needs help to be able to effectively milk the breast

What if I develop sore nipples?

1. Have the baby's positioning and attachment at the breast checked by a breastfeeding counsellor or lactation consultant
2. Apply a layer of moisture barrier cream to the injured area
3. Stop breastfeeding



Why has my baby abruptly stopped nursing?

1. My baby doesn't like me any more
2. My baby is on a nursing strike
3. My baby is teething

I receive adverse comments when I breastfeed my baby while out. What should I do?

1. Pack up and leave at once
2. Brazen it out
3. Engage the complainant in a discussion about the natural function of the breasts and the benefits of breastmilk

What should I do if my baby bites?

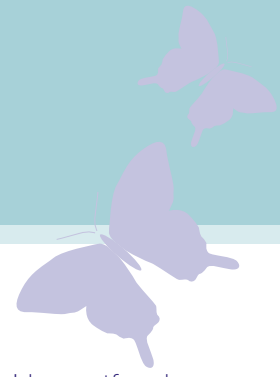
1. Scream
2. Pull the baby in close so he needs to open his mouth to breathe
3. Break the suction, take the baby off the breast and tell him not to do it

How do I know if I have mastitis?

1. I have a sore, red spot on my breast
2. I feel as if I have flu, and my breast is hot and red
3. I may have a lump in my breast

How do I know if my baby is getting enough milk?

1. My baby has six wet nappies and three bowel movements daily
2. My baby is putting on over 113 gms (4oz) a week
3. My baby only asks for a feed every 3 hours



Answers

Why should I breastfeed?

All answers are correct. Breastfeeding triggers and releases oxytocin (sometimes called the love hormone) that can help you to relax and feel less stressed. While your body is producing breastmilk it uses up about 500 extra calories a day. Studies outside the UK have shown that breastfeeding may help decrease the incidence of SIDS and the Foundation for the Study of Infant Deaths (FSID) recommends breastfeeding to reduce the risk of cot death.

What benefits will my baby receive from my milk?

All are correct.

What are the health benefits for me?

All are correct.

What can I do if my breasts become engorged?

1 and 2 are correct. Many women find that Savoy cabbage leaves help with engorgement, and expressing off a bit of milk for comfort and to enable the baby to become better positioned is a good idea. However, feeding less often can make matters worse, so feeding more frequently or expressing if the baby will not go to the breast can help.

My baby feeds very often. What should I do?

Making a baby wait usually results in an unhappy, dissatisfied baby. 2 is the best way to help growth and promote his happiness. If he still seems dissatisfied when feeding frequently, help and information from a breastfeeding counsellor or lactation consultant may be advisable.

What if I develop sore nipples?

1 and 2 are correct. The most frequent cause of sore nipples is poor positioning and attachment, and help with this often solves the problem. While working on the cause, moist wound healing is the preferred treatment for sore and cracked nipples. Moist wound healing involves retaining the moisture already present in areolar skin, by applying a moisture barrier cream to the injured site. Internal moisture, retained within the skin, will return the skin to its normal healthy state, supple and soft rather than dry and brittle. When cracked tissue is rehydrated in this way from within, it will heal without the formation of a scab or crust.

Stopping feeding on a sore breast puts you at risk of a blocked duct, unless you express as often as your baby normally feeds.

Why has my baby abruptly stopped nursing?

Your baby may not like a new preparation you are using, such as a soap powder or deodorant, but he will still like you! If your baby is under a year old he is unlikely to be ready to stop breastfeeding altogether, but can be encouraged back to the breast. Feeding while he is drowsy or in motion, or skin-to-skin contact can help. Teething does not make much difference to a breastfed baby, however if his mother reacts when he tries out his new teeth, he may refuse to nurse rather than upset her.

I receive adverse comments when I breastfeed my baby while out. What should I do?

The answer to this depends on your confidence as a breastfeeding mother, and there is no right answer. We all make our own choices on how we nurture our babies, and probably would not consider criticising another mother's choices. However, there are those who can be critical. Positive comments empower a mother and encourage her to continue breastfeeding.

What should I do if my baby bites?

If a mother screams the baby can be put off the breast altogether, so 2 and 3 are better ways of reacting. While a baby is actively feeding his tongue is over his gum line so he cannot bite.

Anticipating the end of the feed, breaking the suction by putting your finger between his gums and taking him off the breast before he bites is a good way to deal with this.

How do I know if I have mastitis?

1 is a symptom of a blocked duct which could lead to mastitis, but by applying heat, feeding frequently and emptying the breast after each feed, this may be avoided.

2 sounds like fully developed mastitis. Heat and feeding often still works but an antibiotic is sometimes prescribed at this point.

Sore hard lumps can be a symptom of mastitis. Other lumps in lactating breasts are often lumpy milk ducts but you should consult your healthcare provider.

How do I know if my baby is getting enough milk?

All three are symptoms of a well-nourished baby. Not all breastfed babies have a daily bowel movement, but if it is infrequent it should be large and soft. The length of time between feeds varies, but if baby is happy it is a good guide.

Score

One point for each correct part of each question.

0-10 points: have you thought of going to your local support group?

10-20 points: well done, you are doing fine

More than 20 points: have you considered becoming a breastfeeding supporter?

Useful Organisations

National Childbirth Trust (NCT) Breastfeeding Line:	0300 330 0771
La Leche League:	0845 120 2918
Association of Breastfeeding Mothers:	08444 122 949

This information is available to download as a pdf from:

www.lansinoh.co.uk