Breastfeeding Webinar Series (2 of 3)  
The Real World of Breastfeeding  
August 3, 2020
Objectives

In this webinar, we will learn about:

- The fourth trimester model
- Family and partner support in breastfeeding
- The importance of cultural traditions in infant feeding
- The intersection of family, culture and mental health during breastfeeding
The “Fourth Trimester Model”

Viewing the first few months of the postpartum period where different aspects of the mother-baby condition are interrelated.
What feelings do mothers report in the first few months postpartum?

New mothers report experiencing these health problems in the first 2 months. Some recommendations for mothers are:

• Develop post-partum plans; make cooking, cleaning assignments
• Align your sleep-wake patterns with baby’s sleep-wake patterns
• Learn how to ask for help/what you need from partners, family members
Steps to take to ensure breastfeeding success (good support, good nutrition, skin-to-skin, feed on demand, good latch)

Make sure the family is educated for breastfeeding success

Breastfeeding is protective against postpartum depression
Responding to Feeding Cues

- Learning about baby's communication and needs (parent, partner and family)
- Building and maintaining milk supply (See webinar 1)
Baby Blues vs. Postpartum depression

- What to ask and what to look for
- The relationship between breastfeeding and postpartum depression
- Breastfeeding is protective against postpartum depression
- It is normal to feel sad for about a week. If it goes beyond two weeks, you need to start thinking about post-partum depression and getting help
Breastmilk is the first medicine
Basic nutritional recommendations during postpartum period
Keep taking your multivitamins
Connecting Families with WIC

What about good nutrition?
What about medications?

- Culture plays a role in medication decisions
- How to know which medications are compatible with breastfeeding
Partner Support

- Support for positioning and latching, baby wearing, car seat carrying etc.
- Support for pumping and milk expression,
- Support with household duties, cooking, cleaning, laundry
- Support should be planned for, well in advance
Family Structure and Dynamics

- Cultural practices and norms
- Family structure, community and mental health
- Breastfeeding traditions; collective wisdom
- Going back to work and/or school
Sleep and Family Support

- How family can help with nighttime feedings
- How can everyone get enough sleep
- Sleeping safely with your infant
Breastfeeding during Covid-19

- Finding support during emergencies, pandemics, civil unrest
- Breastfeeding is even more critical during emergencies
Recap

- Support! Family and partner support is critical
- Reclaiming protective cultural traditions in feeding, such as baby wearing
- The intersection of breastfeeding, family, culture and mental health
Additional Resources

- Dr. Lavonne Moore - Chosen Vessels Midwifery Services
  http://chosenvesselsmidwiferyservices.com
- , The Chocolate Milk Club join us on FB
- Shashana - Minneapolis Indigenous Breastfeeding Support Circle FB
- Global Health Media Project Videos for health workers
  https://www.youtube.com/watch?v=hs7ai466toE&list=PLxVdpamFxvLD35AIQDPro8l7ZGOsLnK
- Global Health Media Project Videos for mothers
  https://www.youtube.com/watch?v=uMcgJR8ESRs&list=PLxVdpamFxvLCDSNeM2QcN5pAc-LraJgL
- La Leche League https://www.llli.org
- Kelly Mom https://kellymom.com
- WIC breastfeeding support https://wicbreastfeeding.fns.usda.gov/about
- Primary care provider
- Hospital Lactation consultants
- Promoting Maternal and Infant Health in the 4th Trimester
THANK YOU!

Presenters
• Dr LaVonne Moore
• Foua Khang
• Shashana Craft
• Shandy Mangra
• Linda Kopecky
For more information:
• Minnesota Breastfeeding Coalition (MBC): https://mnbreastfeedingcoalition.org/
• Minnesota Community Health Worker Alliance (MCHWA): http://mnchwalliance.org