Contents troque bas element, intiale and support some contents

	List of illustrations		ix
	Treface		xi
	Acknowledgements	Avoiding supplement	xiv
	List of abbreviations		XV
	Concluding comments		
1	Putting breastfeeding into context		1
	Learning outcomes		2
	The benefits of breastfeeding		
	Economic and environmental factors		2
	Who breastfeeds?		6
	UNICEF UK Baby Friendly Initiative		9
	Global and national strategies		11
	Concluding comments		19
	Practice questions		20
	Resources		20
	Resources	Insufficient mile supp	20
2	Anatomy and physiology of lactation		21
	Learning outcomes		22
	Relevant anatomy and physiology		22
	The physiology of lactation	Blocked ducis	29
	Constituents of breastmilk	Mastitus	34
	Neonatal adaptation to life		38
	Concluding comments		42
	True or false quiz		43
	Further reading		43
	1 dittier reading		13
3	Essential skills for practice		44
	Learning outcomes		45
	Teaching positioning and attachment		45
	Accessing a broadfood	Learning outcomes	53
	Expressing breastmills		56
	Change of annual bases illa		61
	Concluding comments		62
	Quiz		63
	Resources		63

SCONTENTS.

CONTENTS

4	Good practice to promote, initiate breastfeeding		64
	Learning outcomes		65
	Breastfeeding policy		66
	Education and training for healthcare p		67
	Antenatal preparation		68
	Skin-to-skin contact		70
	Teaching a mother to maintain lactatio		71
	Avoiding supplements	grobitishe amfair	72
	Recognising infant feeding cues	emanagaanaana	73
	Demand feeding		76
	Avoiding teats and dummies		77
	Support groups		79
	Concluding comments	Learning outcomes so alrest	79
	Scenarios		80
	Quiz		80
	Further reading		81
5	Management of common problems		
ei.	Concluding comments transfer and control of the con		
	Learning outcomes		83
	Lactation history		83
	Insufficient milk supply		84
			86
	Inverted nipples		89
	Breast engorgement		90
	Blocked ducts	malayanal lan unadalamalar artT	92
	Mastitis		92
	Abscesses		94
	Thrush or candida albicans		95
	Breast refusal		96
	Concluding comments		99
	Scenarios		00
	Resources	1 Essential skills for practice	00
6	Supporting mothers with special needs		
	Learning outcomes	handsoned a series and	03
	Human immunodeficiency virus (HIV)	Allianananad maintananau I	03
	Herpes simplex virus type 1 (HSV-1)	Description of management of average 2	05
	Hepatitis B	Concluding comments	06
	Hepatitis C	in O	06
	Tuberculosis	nam initiation	06
	Substance misuse	1	07

	Delayed lactogenesis		109
	Caesarean section		110
	Diabetes		111
	Obesity		111
	Polycystic ovary syndrome (PCOS)		111
	Postpartum haemorrhage		116
	Breast surgery and anomalies		116
	Epilepsy		118
	Hyperlactation or galactorrhea	going support for breastles	
	Twins		120
	Concluding comments		171
	Scenario		177
	Further reading	urning to work ual activity	122
	Resources		122
7	Infants with special needs		123
	Learning outcomes		126
	Strategies for care in the neonatal u	neluding comments	125
	Preterm infants	lective questions	129
	Jaundice		132
	Postmature infants		
	Tongue-tie (ankyloglossia)		137
	Weight loss or poor weight gain		138
	Hypernatraemic dehydration		142
	Vitamin D supplementation		143
	Discharge planning		144
	Concluding comments		145
	Scenarios		145
	Further reading		145
	omes for higher, education		qqA II
8	Alternative methods of infant fe	eding when	
	breastfeeding is not possible		146
	Learning outcomes		147
	Supplementary and complementary	feeding the following the submitted	148
	Alternatives to breastfeeding	pendix 5 UNICER UK BELBEST	151
	Donor milk		154
	Formula feeding		156
	Sterilisation, preparation and recons	stitution of formula milk	161
	Concluding comments	Militarion of formula linik	164
	Reflective questions		165
	Resources		165
	11COVIII CCO		111.

CONTENTS

9	Introducing solid foods	661Delayed locto
	Learning outcomes	167
	Introducing solid food	167
	Advice on food types for parents	170
	Concluding comments	1/1
	Scenario	1/1
	Further reading sollamona bna v	171
10	Ongoing support for breastfeeding mothers	obspelingy 172
	Learning outcomes	173
	Breastfeeding support	174
	Returning to work	180
	Sexual activity	183
	Family planning: lactational amenorrhoea method	183
	Breastfeeding during pregnancy: tandem nursing	183
	Relactation or induced lactation	184
	Concluding comments	185
	Reflective questions	100
	Resources	186
11	Developing knowledge and skills to support	
		ni sumanuzo 187
	Learning outcomes (sizzolgolyolo	100
YE.	Informed choice	100
	Communication skills	109
	Learning about breastfeeding	194
	Concluding comments	203
	Reflective questions	
	A LI A AD HOUR LIVE DEL	or Further reading
	Appendix 1 UNICEF UK BFI outcomes for higher educa	
	Appendix 2 NMC ESCs 4: Initiation and continuance of	212
	breastfeeding	217
	Appendix 3 The Ten Steps and the Seven Point Plan	219
	Appendix 4 Lactation history	
	Appendix 5 UNICEF UK BFI Best Practice Standards	223 228
	Appendix 6 Milk banks in the UK	Mim 2000C 228
	Answers to quizzes and scenarios	230
40	Glossary	237
	References	239
	Index	252