## Contents

	List of illustrations		X
	Preface		xii
	Acknowledgements		XV
	List of abbreviations		xvi
1	Putting breastfeeding into contex	xt	1
	Learning outcomes		2
	The benefits of breastfeeding		2
	Economic and environmental factors		5
	Who breastfeeds?		7
	UNICEF UK Baby Friendly Initiative		11
	Global and national strategies		14
	Concluding comments		21
	Practice questions		22
	Resources		22
2	Building relationships		23
	Learning outcomes		23
	Brain development and importance o	f love and nurture	24
	Responsive care		28
	Responsive feeding		30
	Concluding comments		31
	Reflective questions		31
	Resources		31
3	Anatomy and physiology of lacta	tion	32
	Learning outcomes		33
	Relevant anatomy and physiology		34
	The physiology of lactation		40
	Constituents of breastmilk		46
	Neonatal adaptation to life		50
	Concluding comments		53
	True or false quiz		54
	Further reading		54

## CONTENTS

4	Essential skills for practice	55
	Learning outcomes	56
	Teaching positioning and attachment	56
	Assessing a breastfeed	64
	Expressing breastmilk	66
	Storage of expressed breastmilk	72
	Concluding comments	73
	Quiz	73
	Resources	74
5	Good practice to promote, initiate and supp	
	breastfeeding	75
	Learning outcomes	76
	Building a firm foundation (stage 1)	77
	An educated workforce (stage 2)	80
	Parents' experiences (stage 3)	82
	Concluding comments	91
	Scenarios	92
	Quiz	92
	Further reading and resources	93
6	Management of common problems	94
	Learning outcomes	95
	Breastfeeding assessment	96
	Breast refusal	96
	Nipple pain or trauma	98
	Insufficient milk supply	102
	Inverted nipples	104
	Breast engorgement	104
	Blocked ducts	106
	Mastitis	106
	Abscesses	109
	Thrush or Candida albicans	109
	Concluding comments	111
	Scenarios	112
	Resources	113
7	Supporting mothers with special needs	114
	Learning outcomes	116
	Human immunodeficiency virus (HIV)	117

	Herpes simplex virus type 1 (HSV-1)		118
	Hepatitis B		119
	Hepatitis C		119
	Tuberculosis		119
	Substance misuse		120
	Delayed lactogenesis		123
	Caesarean section		124
	Diabetes		125
	Obesity		127
	Polycystic ovary syndrome (PCOS)		129
	Postpartum haemorrhage		130
	Breast surgery and anomalies		130
	Epilepsy		132
	Hyperlactation or galactorrhea		133
	Twins		133
	Concluding comments		135
	Scenario		136
	Further reading		136
	Resources		137
8	Infants with special needs		138
	Learning outcomes		140
	Strategies for care in the neonatal uni	t menseng series bestellt	140
	Preterm infants		144
	Jaundice		147
	Hypoglycaemia		149
	Postmature infants		152
	Tongue-tie (ankyloglossia)		152
	Weight loss or poor weight gain		153
	Hypernatraemic dehydration		157
	Vitamin D supplementation		159
	Discharge planning		160
	Concluding comments		160
	Scenarios		160
	Further reading		161
9	Alternative methods of infant fee	ding when	
	breastfeeding is not possible		162
	Learning outcomes		162
	Supplementary and complementary fe	eeding	164
	Alternatives to breastfeeding		166

## CONTENTS

	Donor milk	170
	Formula feeding	171
	Sterilisation, preparation and reconstitution of formula milk	177
	Concluding comments	181
	Reflective questions	181
	Resources	182
10	Introducing solid foods	183
	Learning outcomes	183
	Introducing solid food	184
	Advice for parents on food types	187
	Concluding comments	188
	Scenario	188
	Further reading	188
11	Ongoing support for breastfeeding mothers	190
	Learning outcomes	190
	Breastfeeding support	193
	Returning to work	199
	Sexual activity	201
	Family planning: lactational amenorrhoea method	202
	Breastfeeding during pregnancy: tandem nursing	202
	Relactation or induced lactation	203
	Concluding comments	204
	Reflective questions	205
	Resources	205
12	Developing knowledge and skills to support breastfeeding mothers	206
	breastreeding mothers	200
	Learning outcomes	207
	Informed choice	207
	Communication skills	209
	Learning about breastfeeding	213
	Concluding comments	223
	Reflective questions	223
	Appendix 1 UNICEF UK BFI University Learning Outcomes	224
	Appendix 2 NMC ESCs for Pre-registration Midwifery	ique la
	Education (2007)	228

	CONTENTS
Appendix 3 UNICEF UK BFI Guidance for Neonatal Units	232
Appendix 4 Milk banks in the UK	234
Answers to quizzes and scenarios	237
Glossary	243
References	245
Index	260

CONTENTS