

Contents

Preface	vii	Summary	92
Acknowledgments	ix	What You Learned—At a Glance	93
Features for Educators and Students	x	References	93
Mapping of Text Chapters with Clinical Competencies	xi		
PART 1 PROMOTION AND SUPPORT	1		
Chapter 1 Breastfeeding Advocacy in the Modern World.....	3	Chapter 5 Counseling Skills: Learning How to Help	97
Infant Feeding Practices Throughout History	3	The Counseling Process	97
Current Breastfeeding Recommendations	6	Sequence Matters	98
Breastfeeding Initiation and Duration Rates.....	7	Putting It All Together	109
Global Breastfeeding Initiatives	9	Comparison of Counseling Techniques.....	109
U.S. Initiatives	15	Summary	112
Summary	17	What You Learned—At a Glance	112
What You Learned—At a Glance	18	References	113
References	18		
Chapter 2 Interdisciplinary Healthcare Team.....	25	Chapter 6 Client Consultations.....	115
Healthcare Team Approach.....	25	Reaching Out Through Anticipatory Guidance	115
Lactation Consulting Profession.....	26	Problem-Solving	118
Practicing in a Hospital	27	Consultation Methods	121
Practicing in Public Health	30	Elements of a Consultation	122
Working in a Healthcare Provider Practice.....	31	Providing Follow-Up	126
Practicing in Home Health Care.....	32	Documenting.....	129
Working in Private Practice.....	33	Summary	132
Members of the Healthcare Team.....	36	What You Learned—At a Glance	132
Breastfeeding Counselor Support.....	38	References	133
The Mother's Role on the Healthcare Team	40		
Summary	42	PART 2 THE SCIENCE OF LACTATION.....	137
What You Learned—At a Glance	42	Chapter 7 Lactation Anatomy and Physiology	139
References	43	Anatomy of the Breast	140
Chapter 3 Sociological Perspective on Breastfeeding Support....	47	Supportive and Sustaining Tissue.....	142
Cultural Factors in Breastfeeding Support	47	Glandular Tissue	144
Social Behavior	56	Mammary Growth and Development	145
Relationships	60	Hormonal Impact on Lactation	148
Feminism and Breastfeeding.....	61	Milk Synthesis	149
Knowledge and Culture	61	Milk Ejection Reflex (Letdown)	150
Summary	64	Variations in Breast Structure and Function.....	152
What You Learned—At a Glance	65	Summary	156
References	65	What You Learned—At a Glance	157
Chapter 4 Empowerment to Breastfeed	71	References	158
Health Consumerism	71	Chapter 8 Maternal Nutrition	163
Strategies to Optimize Learning.....	73	Nutrition Education	163
Adult Learning	74	Basic Nutrients	164
Confidence in Breastfeeding	81	Nutrition in Pregnancy and Lactation.....	170
Components of Communication	85	Weight Loss While Breastfeeding.....	171
Humor as a Communication Tool	90	Making Healthy Food Choices	173
		Offering Nutrition Suggestions to Mothers.....	178
		Summary	181
		What You Learned—At a Glance	181
		References	182

Chapter 9	Health Factors in Lactation	187		Infant Behavior Patterns	328
	Breastfeeding and Women's Health	187		Infant Growth	330
	Breastfeeding and Infant Health	189		Sleeping Patterns	333
	Properties of Colostrum and Mature Milk	192		Crying and Colicky Behavior	336
	Nutritional Components in Human Milk	195		Summary	344
	Immunological Protection	202		What You Learned—At a Glance	344
	Anti-infective Protection	205		References	345
	Obesity Protection	207			
	Summary	208	Chapter 15	Getting Breastfeeding Started	353
	What You Learned—At a Glance	208		Getting Ready to Nurse	353
	References	209		Beginning the Feeding	355
Chapter 10	Use of Infant Formula	221		Breastfeeding Positions	359
	Prevalence of Formula Feeding	221		Assisting with Feedings	363
	Legitimate Need for Infant Formula	221		Breastfeeding Multiples	366
	Composition of Infant Formula	223		Tandem Nursing	370
	Selecting an Infant Formula	227		Summary	372
	Dangers in Formula Preparation	229		What You Learned—At a Glance	372
	Infant Formula Industry Practices	230		References	372
	Infant Health Risks with Formula Use	233	Chapter 16	Infant Latch and Sucking	375
	Other Burdens from Formula Use	234		Infant Sucking and Suckling	375
	Summary	236		Baby Latching	380
	What You Learned—At a Glance	236		Milk Transfer	382
	References	236		Problems with Latch	382
Chapter 11	Substances in Human Milk	243		Problems with Sucking	385
	Medications	243		Summary	389
	Social Toxicants	247		What You Learned—At a Glance	389
	Environmental Contaminants	253		References	390
	Counseling Parents About Impurities	256	Chapter 17	Breastfeeding in the Early Weeks	393
	Summary	256		Commitment to Breastfeed	393
	What You Learned—At a Glance	257		Establishing Milk Production	396
	References	257		Nipple Pain	401
PART 3	PRENATAL THROUGH			Engorgement	411
	POSTPARTUM	263		Plugged Duct	416
Chapter 12	Prenatal Considerations	265		Milk Blister or Milk Bleb	416
	Infant-Feeding Choice	265		Mastitis	417
	Preparation for Breastfeeding	270		Summary	422
	Selecting a Healthcare Provider	276		What You Learned—At a Glance	423
	Summary	280		References	424
	What You Learned—At a Glance	280	Chapter 18	Breastfeeding Beyond the First Month	429
	References	281		Patterns of Growth in a Breastfed Baby	429
Chapter 13	Hospital Practices That Support Breastfeeding	285		Infant Development	430
	Setting the Stage Prior to Birth	285		Breastfeeding an Older Baby	438
	Supportive Labor and Delivery Practices	287		Sustaining Breastfeeding Beyond 1 Year	440
	Supportive Postpartum Environment	295		Nourishment Away from the Breast	443
	Postpartum Care Plans	300		Weaning	450
	Baby-Friendly Hospital Practices	302		Summary	454
	Summary	306		What You Learned—At a Glance	455
	What You Learned—At a Glance	306		References	456
	References	306	Chapter 19	Problems with Milk Production and Transfer	461
Chapter 14	Infant Assessment and Development	311		Perception of Insufficient Milk Production	461
	Assessment of the Newborn	311		Recognizing Sufficient Milk Production	462
	Digestion	321		Risks for Low Milk Production	463
	Infant Communication	326		Measures to Increase Milk Production	463
				Concerns About Infant Growth	466
				Summary	474

	What You Learned—At a Glance	474		Summary	635
	References	475		What You Learned—At a Glance	635
				References	636
PART 4	SPECIAL CARE	479	Chapter 26	Long-Term Maternal Conditions	641
Chapter 20	Family Dynamics in Breastfeeding	481		Autoimmune Disorders	641
	Acquiring the Parental Role	481		Diabetes	644
	Becoming a Mother	484		Obesity	647
	Becoming a Father/Partner	490		Infertility and Insufficient Milk Supply	649
	Changes in Family Relationships	493		Polycystic Ovary Syndrome (PCOS)	651
	Sibling Reactions and Adjustments	500		Thyroid Disorders	652
	Summary	501		Cystic Fibrosis	653
	What You Learned—At a Glance	502		Phenylketonuria	654
	References	502		Infectious Diseases	654
Chapter 21	Special Counseling Circumstances	509		Disabilities	661
	Family's Lifestyle	509		Summary	662
	Opposition to Breastfeeding	510		What You Learned—At a Glance	662
	Working with Low-Income Families	513		References	663
	Working with Single Parents	514	Chapter 27	Long-Term Infant Conditions	671
	Working with Teen Parents	515		Congenital Conditions	671
	Summary	519		Phenylketonuria	672
	What You Learned—At a Glance	519		Galactosemia	674
	References	519		Cleft Defects	674
Chapter 22	Breastfeeding Techniques and Devices	523		Spina Bifida	680
	Breastfeeding Techniques	523		Down Syndrome	681
	Breastfeeding Devices	526		Hydrocephalus	683
	Milk Expression	532		Neurological Impairment	683
	Alternate Feeding Methods	542		Sensory Processing Disorder	684
	Summary	550		Support for Parents of Special Needs Infants	685
	What You Learned—At a Glance	550		Summary	685
	References	551		What You Learned—At a Glance	685
Chapter 23	Temporary Breastfeeding Situations	557		References	686
	Hyperbilirubinemia (Jaundice)	557	PART 5	ROLE OF THE IBCLC	691
	Hypoglycemia (Low Blood Glucose)	564	Chapter 28	Professional Considerations	693
	Delayed Breastfeeding	565		Preparing for the Profession	693
	Resuming or Inducing Lactation	567		Acquiring the Role of Lactation Consultant	696
	Breastfeeding During Emergencies	571		Professional Practice Documents	698
	Baby Resists Breastfeeding	574		Legal Considerations	699
	Baby Prefers One Breast	575		Professional Development	702
	Summary	576		Employment as an IBCLC	703
	What You Learned—At a Glance	577		Interdisciplinary Lactation Care	704
	References	577		Maturing Through Experience	706
Chapter 24	High-Risk Infants	581		Avoiding Professional Burnout	708
	Prolonged Hospitalization of the High-Risk Infant	581		Summary	710
	Preterm Infant	595		What You Learned—At a Glance	710
	Other Babies Not Born at Term	604		References	711
	Counseling Parents Whose Baby Has Died	607	Chapter 29	Critical Reading and Review of Research	715
	Summary	610		Evidence-Informed Versus Evidence-Based	715
	What You Learned—At a Glance	611		Access to Scientific Journals	716
	References	611		Types of Articles in Scientific Journals	716
Chapter 25	When Breastfeeding Is Interrupted	619		Structure of a Scientific Article	718
	Managing Breastfeeding Through a Separation	619		Critical Reading of a Scientific Article	720
	Short-Term Separations	621		Deciding Whether to Apply Research Findings	734
	Supporting Working Parents	625		Practicing Critical Reading Skills	735
	Workplace Lactation Support	632			

Summary 746
 What You Learned—At a Glance 746
 References 747
Chapter 30 Breastfeeding Promotion and Change..... 749
 Strong Leadership..... 749
 Becoming a Change Agent 751
 Beginning the Process of Change..... 760
 Breastfeeding Promotion..... 766

Summary 775
 What You Learned—At a Glance 775
 References 776
Appendix: Spanish Breastfeeding Glossary..... 781
Glossary 785
Index 817

Chapter 27 Long-Term Infant Conditions
 Congenital Conditions 771
 Phenylketonuria 773
 Galactosemia 774
 Cleft Lip/Palate 775
 Spina Bifida 776
 Down Syndrome 777
 Hypothyroidism 778
 Neurological Impairment 779
 Sensory Processing Disorder 780
 Support for Parents of Special-Needs Infants 781
 Summary 782
 What You Learned—At a Glance 783
 References 784

Chapter 28 Professional Considerations
 Preparing for the Profession 785
 Acquiring the Role of a Lactation Consultant 786
 Professional Practice Documents 787
 Legal Considerations 788
 Professional Development 789
 Employment as an IBCLC 790
 Individualized Lactation Care 791
 Summary 792
 What You Learned—At a Glance 793
 References 794

PART 3 ROLE OF THE IBCLC
Chapter 29 Critical Reading and Review of Research
 Evidence-Informed Versus Evidence-Based 795
 Access to Scientific Journals 796
 Types of Articles in Scientific Journals 797
 Structure of a Scientific Article 798
 Critical Reading of a Scientific Article 799
 Deciding Whether to Apply Research Findings 800
 Practicing Critical Reading Skills 801

Chapter 29 Temporary Breastfeeding Situations
 Hypothyroidism (Hypot) 802
 Hypertension (Low Blood Glucose) 803
 Delayed Breastfeeding 804
 Reinitiating or Inducing Lactation 805
 Breastfeeding During Illnesses 806
 Baby Bottle Breastfeeding 807
 Baby Bottle Breastfeeding: A Guide 808
 Summary 809
 What You Learned—At a Glance 810
 References 811

Chapter 30 Breastfeeding Promotion and Change
 Strong Leadership 812
 Becoming a Change Agent 813
 Beginning the Process of Change 814
 Breastfeeding Promotion 815

Chapter 30 High-Risk Infant
 Prolonged Hospitalization of the High-Risk Infant 816
 Preterm Infant 817
 Other Babies Not Born at Term 818
 Counseling Parents of High-Risk Infants 819
 Summary 820
 What You Learned—At a Glance 821
 References 822