



Breastfeeding Link Workers

bflink news

Supporting Barnsley to be a Breastfeeding Friendly Town

Winter Edition

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www.vabarnsley.org.uk/
services/

breastfeeding.php



Growth Spurts

Help!!!! My baby is feeding all the time!!!

Sometimes your breastfed baby will feed a lot more than normal and will appear to be extremely hungry and may even appear unsatisfied.



By breastfeeding more regularly, your baby is letting your body know he requires more milk and your body will begin to feed that demand within a few days. This need to breastfeed more often generally lasts a few days to a week, followed by a return to a less frequent feeding pattern. We don't really have a complete understanding of this phenomenon, but the frequency days do seem to coincide with times of faster growth and thus the more common name of "growth spurts" has been adopted.

Be assured that things will settle down again. Try to remember that the increase in demand for milk will increase the supply. It is the only way that your baby can signal that he requires more milk.

Trust what your baby is telling you about his need to breastfeed more frequently and follow his feeding cues. As long as you are not restricting your baby's access to the breast, your milk supply will be fine. The best way to ensure a good milk supply is to allow your baby to determine the frequency and duration of feeds. The more your baby breastfeeds, the more milk you will make.

With every feed the hormone prolactin is produced which lets your body know it is time to produce more milk. Interestingly, prolactin levels reach a peak in the early hours of the morning and it is worthwhile feeding your baby when baby requests particularly at night time for this very reason as higher levels of milk production will occur.

Many mothers misinterpret the baby's need to breastfeed frequently as a sign that she has 'no milk'. If your baby is having a normal weight gain pattern, is producing at least five to six sopping wet nappies per day, and are having a normal number of bowel movements, that is a good sign that you have plenty of milk for your baby. Just go along with your baby's temporary, increased need to breastfeed, understanding it is a normal and expected phase.

Growth spurts seem to occur most commonly around one or two weeks, six weeks and three months.

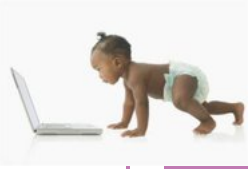
Growth spurts seem to occur most commonly around one or two weeks, six weeks and three months. Like most milestones, these time frames are just guidelines.

If you have any concerns talk to your Midwife, Health Visitor or contact the Breastfeeding Link Workers 01226 320100 for support and information.



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Survey shows mothers who complete Breastfeeding Peer support training breastfeed for longer



At the end of September a celebration event was held at the Metrodome to celebrate 22 mothers from Grimethorpe, Dearne and Worsbrough Common successfully completing the 12 week La Leche League Breastfeeding Peer Counsellor Training Programme. At this event we took the opportunity to ask mothers to complete a questionnaire looking at the volunteering process and other outcomes from undertaking the training.

Health, social and economic outcomes to mother, baby, families and communities will be detailed at a later date.

The information below details the breastfeeding outcomes for the mothers who have completed the training and the questionnaire.

Table 1; Shows the breastfeeding outcomes after completing the Peer Counsellor training from the questionnaire data and compares the outcomes with the data from the Infant feeding survey 2005.

Breastfeeding outcomes from women undertaking Peer Counsellor training	National Data from Infant Feeding Survey 2005
47 questionnaires completed,	
45 with breastfeeding status	
95.7% had initiated breastfeeding	78% initiation
71.1% breastfed 6 months	21% months (same as 2000)
24.0% breastfed 12 months	No data
8.8% breastfed 24 months	No data

Twin Mothers; Their were 2 sets of twins, 1 set were breastfed for more than 1 year and the other set were breastfed for over 2 and a half years.

19.9% of mothers questioned went on to feed subsequent children for 6-24 months

17.7% of mothers were still breastfeeding under 6 months, which should they continue will increase the 6 months status.

This sample is only approximately a quarter of all the women who have undertaken the training. However, they show significant breastfeeding outcomes for women undertaking training and receiving mother to mother breastfeeding peer support.

At present, in Barnsley we have no indication as to how long women continue to breastfeed past 6-8 weeks; evidence clearly demonstrates that the longer the breastfeeding activity the greater the health benefits for both mother and baby.

The 2008 NICE Guidance on Maternal and Child nutrition states;

“Mothers from disadvantaged groups are less likely to breastfeed and as a result, their children are more likely to be underweight as infants whilst also being prone to obesity later in childhood.”

The breastfeeding peer counsellor training clearly demonstrates the vital role it has played in improving the duration of breastfeeding. This will impact on the health of mothers and babies and will contribute to reducing childhood obesity amongst this group of infants. This will contribute to the vital signs target of increasing the duration of breastfeeding subsequently contributing to; The Maternal and 0-5 Specification, Barnsley Obesity Strategy, Barnsley Food Strategy, Barnsley Children and Young People Plan, Every Child Matters and Unicef UK, Baby Friendly Initiative.



Melissa's Story

Melissa struggled with breastfeeding her first son and fed him for 3 months, but with the support and information from a breastfeeding peer supporter she breastfed her second son for 1 year.

Melissa Merrills, 24 years old, mother to Levi 8 and Alex who is nearly 2.

I was pregnant with my first child Levi when I was sixteen. The midwife asked if I would bottle or breastfeed, I automatically said bottle because I had never known any different. None of my older sisters breastfed their children, so I didn't know anything about it. The other reason was I didn't think I could or should with me being only sixteen.

The midwives always tried to talk me round by saying breastfeeding is better, but they never told me why. By the end of my pregnancy I came round to the idea and decided to give it a go. I wasn't sure what I was doing but the midwives helped me out, I didn't know anything about breastmilk and how it was produced I just assumed your breast filled up and when the baby feeds they are emptied. I managed to breastfeed for three months. Out of them, one month I was in terrible pain every time Levi was due to feed, I would cry because I knew how much it was going to hurt. I used to tell the Health Visitor and she always said that breastfeeding is sometimes uncomfortable. So I put up with it then shortly after Levi never seemed to be full for long so I thought I didn't have any milk left. So I gave him formula.

When I became pregnant with my second child Alex, my close friend was breastfeeding her baby, she had previously successfully breastfed her two older children. I was determined to breastfeed again. My friend told me about a Breastfeeding Peer Support course she was doing and she would pass on the information she was learning. This helped me understand how breastmilk is made and that you never run out. This gave me the confidence I needed to try to breastfeed again successfully for longer. My friend was really good and was always helpful when I was having a few problems trying to feed Alex. So when I heard about another course starting I was interested to do it myself so I could learn more and pass this information on to help others.

After completing the peer support training course I became a Breastfeeding Peer Support Buddy at 'Yummy Mummy's' breastfeeding group at Darfield All Saints Children's Centre. I loved supporting mothers with their breastfeeding experiences, it gave me a sense of achievement and improved my confidence ten fold. I am currently studying at college and have sent off an application to study midwifery at University. It would never have happened if I hadn't breastfed my children, completed



the Breastfeeding Peer Support training course and become a Breastfeeding Peer Support Buddy.

For information and support with breastfeeding, to find your local breastfeeding group contact the Breastfeeding Link Workers: 01226 320100,

Feedback

VAB welcomes feedback on its services from customers and service users. If you wish to make a compliment, complaint or comment about the service you receive.

Please contact our main office for a copy of our procedure or send your comments to:

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Ruth Haller on 01226 320100 or email
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