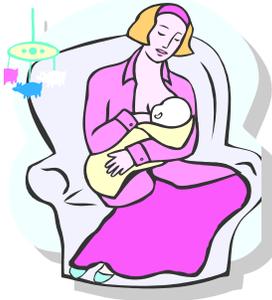


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Is Mom Making Enough Milk?



Every mother wants to feed and nourish her baby. Ironically, this

explains why so many women stop breastfeeding even though they know the benefits of breast milk. Healthcare providers and WIC staff repeatedly notice that when a mom doesn't think her baby is getting enough milk, she will want to formula feed. In fact, the number one reason women stop breastfeeding is because they don't think their baby is satisfied. Although this is sometimes true, it is rarely the case!

Newborns have a need to suckle often, day and night. In the wonderful way that nature works, this suckling prompts the body to make more milk days, weeks, even months down the road.

Babies also cry for many reasons other than hunger. Early hunger

cues include bringing their fists to the mouth and rooting. It is also normal for babies to lose up to 7% of their birth weight within the first week of life.

WIC can improve parents' knowledge of appropriate infant feeding by educating them about normal baby behavior including feeding cues and normal breastfeeding and baby patterns.

To evaluate milk intake by an infant, the breastfeeding expert or healthcare provider can assess:

- Signs of swallowing milk including jaw movement
- Number of wet and dirty diapers daily
- Weight gain beginning around day 3 of life.

While most postpartum women can make enough milk, the two most common reasons for low milk supply are:

- Inadequate breast-time (infrequent feedings or inadequate duration)

- Inadequate milk transfer due to improper latch

Some ways moms can increase their milk supply include:

- Nurse frequently and let the baby decide when to stop. Newborns need 10 or more feedings in 24 hours
- Offer both breasts at each feeding
- Make sure that baby has a good latch. If baby's lower lip is on the nipple and not the breast, he may not be able to release the milk
- Avoid bottles and pacifiers for at least 3-4 weeks
- Eat well and drink enough fluids. Drink to thirst. Some women find it helpful to drink while nursing. Eat nutritious foods and limit fats and sweets. ☺

References: Ruowei et al. Why Mothers Stop Breastfeeding: Mothers' Self-reported Reasons for Stopping During the First Year. *Pediatrics* Vol. 122 No. Supplement 2. 2008. Lauwers. Quick Reference for the Lactation Professional. 2009. Silverman, W.A.: *Dunham's Premature infants* 3rd Edition. 1961. Scammon et al. Observations on the capacity of the stomach in the first ten days of postnatal life. 1920. http://www.CDC.gov.growth_charts/who_charts.htm.

Quiz — How Well Do You Know Breastfeeding Laws?

1. Do mothers have the right to breastfeed in restaurants?
2. Do employers need to give breastfeeding women a reasonable amount of time to pump at work?
3. Can Aunt Mable tell you that you are not allowed to breastfeed in her home?
4. Can you get out of jury duty because you breastfeed?
5. Do employers in CA need to find a place for employees to breastfeed if they have less than 50 employees?
6. Are airports required to provide **their employees** a private place to pump?
7. Are airports required to provide **the public** with a private place to pump?



Look on back page for answers.

Answers To Breastfeeding Knowledge Quiz

1. YES! Mothers have the right to feed their children in public locations. (California Civil Code Section 43.3)
2. Yes, according to CA Labor Code 1030-1031, employers need to give breastfeeding women a reasonable amount of time to pump at work.
3. Yes. Private residences are exempted from the law that allows mothers to breastfeed in public.
4. The simple answer is Yes! Breastfeeding mothers can postpone jury duty for a year in California State and county courts. However, the “jury duty” question can be more complicated when you consider we also have Federal courts. Each Federal court district makes their own rules for jury duty postponement and we have *four* Federal districts in California! None of the Federal Court districts specifically address breastfeeding jurors on their website; however all have a provision for those who are at home, caring for children. Generally, any deferment *must* be made in writing with a clear explanation of why separation would be a hardship. The request for deferment needs to be sent soon after a summons is received.
5. Yes. *California* law states that all employers have to make a “reasonable effort” to provide the employee with the use of a room or other location, other than a toilet stall for pumping. Federal law allows an exemption for employers with less than 50 employees, if accommodating breastfeeding mothers is an undue hardship. (CA Labor Code 1030-1031)
6. Yes. In California, airports must make a “reasonable effort” to find a private place for employees to pump. In the other states, airports with less than 50 employees may be exempt if compliance would be an undue hardship.
7. Currently, airports are not required to provide a private space for breastfeeding mothers to pump. A current legislative bill, [Assembly bill 1787 / Lowenthal](#), if passed, would require commercial airports in California to provide a private space to pump in each airport terminal. ☞

World Breastfeeding Week: August 1—7

The 2014 World Breastfeeding Week (WBW), August 1– 7, is just around the corner. Let’s start planning our local events to celebrate. This year’s theme is “Breastfeeding: A Winning Goal For Life.” For more information

about WBW and the 2014 Objectives, check out the World Alliance for Breastfeeding Action website at <http://worldbreastfeedingweek.org>. ☞



1 To provide information about the Millennium Development Goals (MDGs), and how they relate to breastfeeding and infant and young child feeding (IYCF).

2 To showcase the progress made so far and the key gaps in breastfeeding and IYCF.

Objectives for WBW 2014

3 To call attention to the importance of STEPPING UP actions to protect, promote and support breastfeeding as a key intervention in the MDGs and in the post 2015 era.

4 To stimulate interest among young people of both genders to see the relevance of breastfeeding in today’s changing world.