



STEP UP FOR BREASTFEEDING

BREASTFEEDING SUPPORTIVE PRACTICES IN THE PEDIATRIC OFFICE

1. Have a written breastfeeding-friendly office policy.
2. Train staff in breastfeeding support skills.
3. Discuss breastfeeding during prenatal visits and at each well-child visit.
4. Encourage exclusive breastfeeding for 6 months.
5. Provide appropriate anticipatory guidance that supports the continuation of breastfeeding as long as desired.
6. Incorporate breastfeeding observation into routine care.
7. Educate mothers on breast-milk expression and return to work.
8. Provide noncommercial breastfeeding educational resources for parents.
9. Encourage breastfeeding in the waiting room, but provide private space on request.
10. Eliminate the distribution of free formula.
11. Train staff to follow telephone triage protocols to address breastfeeding concerns.
12. Collaborate with the local hospital or birthing center and obstetric community regarding breastfeeding-friendly care.
13. Link with breastfeeding community resources.
14. Monitor breastfeeding rates in your practice.

RESOURCES

- Ohio Statewide Breastfeeding Hotline (Free, answered by lactation professionals 24/7, 365): 888-588-3423 or text “BFHOTLINE” to 839863
- Academy of Breastfeeding Medicine:
bfmed.org
- American Academy of Pediatrics Recommendations, Tools and Resources:
<https://www.aap.org/breastfeeding>
- National Library of Medicine – Drugs and Lactation Database:
<https://www.ncbi.nlm.nih.gov/books/NBK501922/> or Google “toxnet LactMed”
- Southwest Ohio Breastfeeding Coalition:
<https://www.swohio-bc.org/>
- American College of Gynecology:
<https://www.acog.org/topics/breastfeeding>
- Ohio First Steps for Healthy Babies:
<https://ohiohospitals.org/Patient-Safety-Quality/Statewide-Initiatives/InfantMortality-Initiatives/First-Steps>
- IABLE (Institute for Breastfeeding and Lactation Education):
<https://lacted.org/>
- Ohio Health Mothers’ Milk Bank
<https://www.ohiohealth.com/locations/womens-health/mothers-milk-bank>
- KellyMom
<https://kellymom.com/category/bf/>



ENCOURAGE BREASTFEEDING MOTHERS TO USE ONLY HUMAN MILK, BEGIN PRENATALLY:

- Supplement only when medically necessary (i.e. hypoglycemia, dehydration, separation). The recommended order of feeding method is: 1. Mother’s milk 2. Human donor milk 3. Iron fortified formula.
- Use expressed human milk when available if supplementation is needed. Human donor milk may be an option through the hospital or medical provider.
- ONE bottle of formula can change the gut microbiome.
- Unnecessary supplementation will undermine breastfeeding efforts. Less time at breast results in poorly established supply and confirms parental misperceptions regarding insufficient supply.



For more information, please visit:

<https://ohioaap.org/education-cme-moc-ii/preventive-health-program/>