A BREASTFEEDING GUIDE FOR...

- Adoptive mothers
- Intended mothers
  - Foster mothers (in some cases)
  - Non-gestational lesbian mothers
  - Mothers who have birthed but not currently breastfeeding
    - Relactating mothers
    - Exclusively pumping mothers

Situations in which foster mothers may choose to breastfeed:
- Long-term foster care
- Breastfed prior to foster care
- Mother requests baby be breastfed (Gribble, 2005)

BREASTFEEDING WITHOUT BIRTHING...

- All babies who experience adoption, surrogacy or foster care experience a disruption in attachment.
- Newly adopted and foster babies are more likely to get sick (Gribble, 2006)

HOW IMPORTANT IS IT?

- Pregnancy offers protection against reproductive cancers.
- Post-adoption depression is as real as post-partum depression
- Babies who experience adoption or foster care are more likely to suffer from poor prenatal care.
- When older babies are adopted, they tend to be developmentally behind peers.

BREASTFEEDING WITHOUT BIRTHING...
BREASTFEEDING WITHOUT BIRTHING...

- Heals the heartache of infertility
- Aids Baby’s Transition

Birth cycle is pregnancy, birth, and breastfeeding.
Breastfeeding is a biological connection.

- Babies who are grieving are more likely to experience digestive or sleep problems (Meina, 1998).

SUPPORT NETWORK

- Family and Friends
- Professional Team
- Mother-to-Mother
- Health Care Team
- Gestational Family

HOW TO BREASTFEED WITHOUT GIVING BIRTH

NURTURE: Latching
NOURISH: Making Milk

WHAT TO EXPECT ABILITY TO LATCH

- Baby Factors
  - Age
  - Physical health
  - Prior feeding experience
  - Emotional health
- Mother Factors
  - Motivation
  - Prior breastfeeding experience
  - Milk production
  - Parenting style

HONOR THE TRANSITION

Institutionalized Care
- Minimal touch
- Bottle propped
- Nipple opening enlarged

Loving Care
- Cradled in mother’s arms
- Held while being fed
- Eye contact
- Untampered bottle nipple

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YOUR BABY AT THE BREAST

YOUR BABY AT THE BREAST

LATCHING
READY TO LATCH

- Calm Surroundings
- Skin-to-Skin
- Not (too) hungry
- Offer the breast

Calm Surroundings
Skin-to-Skin
Not (too) hungry
Offer the breast

POSITIONING TO LATCH

- Cradle
- Laid back
- Cross-cradle
- Side-Lying
- Motion
- Something totally different

Cradle
Laid back
Cross-cradle
Side-Lying
Motion
Something totally different

MEET IN THE MIDDLE

- Make bottle-feeding more like breastfeeding
- Make breastfeeding more like bottle-feeding

Make bottle-feeding more like breastfeeding
Make breastfeeding more like bottle-feeding

MEET IN THE MIDDLE

- skin-to-skin
- slower flow
- require a wide gape
- delay the flow
- face baby in both directions
- pace the feeding

 skin-to-skin
 slower flow
 require a wide gape
 delay the flow
 face baby in both directions
 pace the feeding

(Kassing, 2002)

MEET IN THE MIDDLE

- immediate reinforcement
- increased flow
- firm nipple

MEET IN THE MIDDLE

Make breastfeeding more like bottle-feeding

Make breastfeeding more like bottle-feeding

CHILDREN WHO SEEK BREASTFEEDING

Some adopted or foster children seek breastfeeding whether or not their mother initiates it, and whether or not they have been breastfed before.

- Children as old as 12 years
- How: attempting to remove clothing, trying to latch when skin-to-skin, or verbally asking
- Why: Instincts awakened when finally attaching to a caregiver, or triggered by the stress of the placement as baby regresses to younger behaviors

[Grandle, 2006; Grandle, 2005]
MAKING MILK
FOR YOUR BABY

WHAT TO EXPECT
MAKING MILK

• Motivation
• Previous breastfeeding experience
• Breastfeeding support
• Mother’s health
• Condition of mother’s breasts
• Attachment parenting practices
• Frequency and effectiveness of breast stimulation and milk removal
• Galactogogues (domperidone)

THE DECISION TO START MAKING MILK
AFTER BABY ARRIVES

Before Baby Arrives
• Making milk when baby arrives
• Stored milk to supplement with
• Care for your baby in utero
• Confidence with breasts
• More time available

After Baby Arrives
• Plans fall through
• Timing unknown
• More support after baby arrives

PROTOCOLS FOR INDUCING LACTATION

TRADITIONAL PROTOCOL

Step 1:
Preparing Breasts for Making Milk

Step 2:
Start Making Milk

Step 3:
Breastfeeding and Making More Milk

AVERY PROTOCOL

Step 1:
Preparing Breasts for Making Milk

Step 2:
Start Making Milk

Step 3:
Breastfeed with an at-breast supplementer

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### PROTOCOLS FOR INDUCING LACTATION
#### PUMPING PROTOCOL

**Step 1:** Preparing Breasts for Making Milk
- Breast Massage

**Step 2:** Start Making Milk Before Baby Arrives
- Pump

**Step 3:** Breastfeeding and Making More Milk
- Breastfeed with an at-breast supplementer
- Pump

(From West & Marasco, 2009)

### PROTOCOLS FOR INDUCING LACTATION
#### HERBAL PROTOCOL

**Step 1:** Preparing Breasts for Making Milk
- Goat’s Rue

**Step 2:** Start Making Milk Before Baby Arrives
- Pump
- Herbal Combination

**Step 3:** Breastfeeding and Making More Milk
- Breastfeed with an at-breast supplementer
- Pump
- Herbal Combination

(From S. Cox, personal communication, July 22, 2011 and November 28, 2012)

### PROTOCOLS FOR INDUCING LACTATION
#### HERBAL PROTOCOL

- More Milk Special Blend (Motherlove)
- Adoptive Milk In Formula (Simply Herbal)
- Mother’s Lactaflow (Wise Woman Herbals)

(From Marasco, 2012)

### PROTOCOLS FOR INDUCING LACTATION
#### NEWMAN-GOLDFARB PROTOCOL

**Step 1:** Preparing Breasts for Making Milk
- BCP
- Domperidone

**Step 2:** Start Making Milk
- Pump
- Domperidone

**Step 3:** Breastfeeding and Making More Milk
- Breastfeed with an at-breast supplementer
- Pump
- Domperidone

(From Newman & Goldfarb, accessed October 26, 2012; Newman, personal communication, December 15, 2012)

### SUPPLEMENTATION
#### WITH WHAT

- **First choice:** Breastfeeding
- **Second choice:** Mother’s own expressed milk
- **Third choice:** Another mother’s milk
- **Fourth choice:** Infant formula

(World Health Organization, 2003)

### SUPPLEMENTATION
#### HOW MUCH

- **Too much supplement:** Less demand for breastfeeding
- **Not enough supplement:** Not enough food for baby

[Weighting scale with bars indicating balance]
MY STORY

“Every ... mother can define her own success, no longer thinking of breastfeeding as ‘all or nothing,’ but rather knowing that any amount of human milk given to a child is valuable beyond measure and worth any effort it may take to produce it.” – Diana West, 2001

“Mothering success is not measured in ounces – or drops – of milk that flow from breast to mouth; it’s measured in the love that flows between mother and baby.” - Diana Cassar-Uhl, 2012

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