



BREASTFEEDING

without birthing

Photo used with permission by Bigstock Photo



Lisa Mandel Photography

MY FAMILY IN 2006

WHERE BREASTFEEDING WITHOUT BIRTHING STARTED FOR ME

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)

HOW IMPORTANT IS IT?

BREASTFEEDING WITHOUT BIRTHING

BREASTFEEDING WITHOUT BIRTHING...

Promotes Attachment

Is the Normal Nutrition for Baby

Protects Baby Against Illness

- 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)

BREASTFEEDING WITHOUT BIRTHING...

Protects Mother's Health

Supports Normal Infant Development

- 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...

Heals the heartache of infertility

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

Aids Baby's Transition

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



HOW TO BREASTFEED WITHOUT GIVING BIRTH

NURTURE:
Latching

www.bigstockphoto.com

NOURISH:
Making Milk

LATCHING

YOUR BABY AT THE BREAST

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

www.bigstockphoto.com

READY TO LATCH



www.bigstockphoto.com

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

Photos used with permission by (1) Bigstock photo, (2) Catherine Watson Genna, (3) Barbara Robertson, (4) Bigstock photo, (5) Creative Commons from Mothering Touch, and (6) Creative Commons from Mothering Touch

MEET IN THE MIDDLE

Make bottle-feeding more like breastfeeding

Make breastfeeding more like bottle-feeding



MEET IN THE MIDDLE

Make bottle-feeding more like breastfeeding

- 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

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

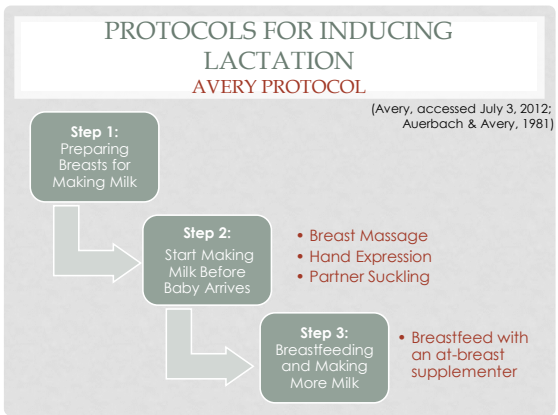
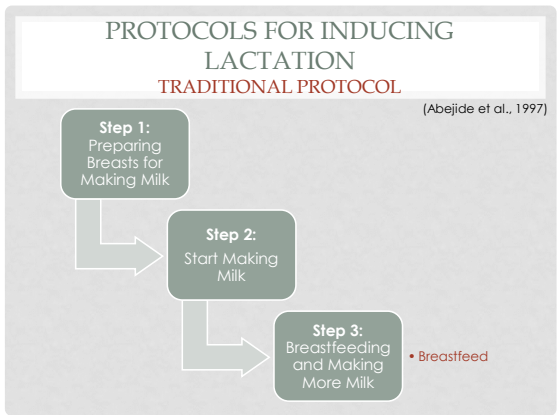
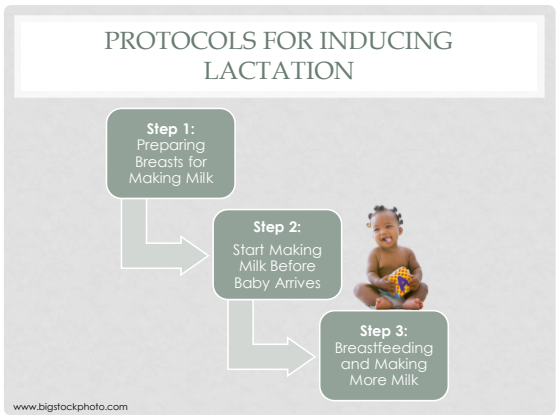
(Gribble, 2006; Gribble, 2005)

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
 - Galactagogues (domperidone)

- ## THE DECISION TO START MAKING MILK
- ### AFTER BABY ARRIVES
- | | |
|--|--|
| <p>Before Baby Arrives</p> <ul style="list-style-type: none"> • Making milk when baby arrives • Stored milk to supplement with • Care for your baby in utero • Confidence with breasts • More time available | <p>After Baby Arrives</p> <ul style="list-style-type: none"> • Plans fall through • Timing unknown • More support after baby arrives  |
|--|--|



PROTOCOLS FOR INDUCING LACTATION PUMPING PROTOCOL

(West & Marasco, 2009)

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

PROTOCOLS FOR INDUCING LACTATION HERBAL PROTOCOL

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

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

PROTOCOLS FOR INDUCING LACTATION HERBAL PROTOCOL

- More Milk Special Blend (Motherlove)
- Adoptive Milk In Formula (Simply Herbal)
- Mother's Lactaflo (Wise Woman Herbs)

(Marasco, 2012)

www.bigstockphoto.com

PROTOCOLS FOR INDUCING LACTATION NEWMAN-GOLDFARB PROTOCOL

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

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

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

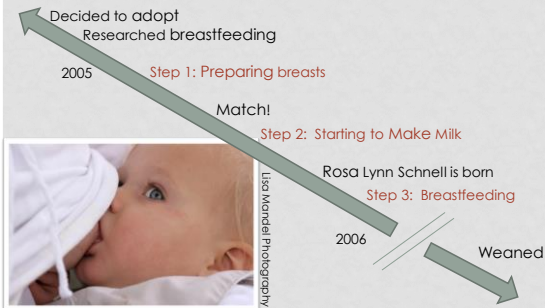
SUPPLEMENTATION HOW



Photos used with permission: (1) Catherine Watson Genna, (2) Microsoft clip art, (3) Catherine Watson Genna, (4) Microsoft clip art, and (5) Brad Schnell

MY STORY

BREASTFEEDING ROSA



"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

MY CONTACT INFORMATION

alysa@sweetpeabreastfeeding.com

314-614-2074

www.BreastfeedingWithoutBirthing.com

Breastfeeding Without Birthing FB page