

338 Pregnant Women Currently Breastfeeding (PG)

- Description**
- Women breastfeeding during pregnancy must meet nutrition needs of her growing fetus as well as her nursing baby
  - Milk supply & composition for the nursing infant change during pregnancy; nursing can trigger premature labor

**Assess Readiness for Change:** with open ended questions

- “You are breastfeeding and pregnant. How is breastfeeding going now that you are pregnant?”
- “What concerns do you have with continuing to breastfeed?”

**Discussion, Counseling and Education**

If the answer is:	Try Counseling Strategies	Try Education
<p><b>Not ready</b> →</p> <p>“He only feeds at night now and breastfeeding is going ok.”</p> <p>Raise awareness &amp; personalize change</p>	<ul style="list-style-type: none"> <li>• “It sounds like your toddler is still wanting to breastfeed. If you have breastfeeding concerns later in your pregnancy let us know. We can refer you to a lactation consultant.”</li> <li>• “Some women get sore nipples &amp; may see a decrease in milk supply around 4-5mo. Have you had any problems?”</li> <li>• “Any problems eating now that you are pregnant and breastfeeding?”</li> </ul>	<ul style="list-style-type: none"> <li>• “WIC supports BF. It is safe to BF during a healthy pregnancy. Provider’s options on nursing when pregnant vary, but it is usually considered ok.”</li> <li>• <i>Knowledge: known as tandem nursing; no documented danger to healthy mom/fetus, contractions (Braxton Hicks) are a normal part of pregnancy</i></li> </ul>
<p><b>Record Plan or Goal</b> Mom plans to continue to BF as long as toddler desires. Will re-assess next appointment.</p>		
<p><b>Unsure</b> →</p> <p>“My mom says it is bad to breastfeed when I am pregnant so I have been trying to wean my toddler?”</p> <p>Raise awareness &amp; confidence &amp; identify barriers to change</p>	<ul style="list-style-type: none"> <li>• “A lot of people give that advice. It has been shown though, that breastfeeding during a healthy pregnancy is safe. Would you like a handout on breastfeeding during pregnancy?”</li> <li>• “On a scale of 1-10, how certain are you that you want to wean your toddler now?”</li> <li>• “What has your Dr said about continuing to breastfeed?”</li> </ul>	<ul style="list-style-type: none"> <li>• Breastfeeding when pregnant:                         <ul style="list-style-type: none"> <li>○ Don’t force to wean: research shows BF ok</li> <li>○ May have contractions; doesn’t increase risk premature labor unless a problem pregnancy</li> <li>○ Sore nipples</li> <li>○ Decreased milk supply (4-5mo)</li> <li>○ 2<sup>nd</sup> &amp; 3<sup>rd</sup> trimester need added 350-450 calories</li> <li>○ Drink to thirst</li> </ul> </li> </ul>
<p><b>Record Plan or Goal</b> Mom says she still plans to take her mom’s advice and stop BF. Check status of weaning next appointment.</p>		
<p><b>Ready</b> →</p> <p>“I don’t want to wean. I breastfed all of my children until they wanted to stop.”</p> <p>Help plan change-support</p>	<ul style="list-style-type: none"> <li>• “Great, you’re an experienced breast feeder. What else can I answer for you today?”</li> </ul>	<ul style="list-style-type: none"> <li>• “We would love to have you come to our breastfeeding class. It would help our other first time mothers to hear about your successes.”</li> </ul>
<p><b>Record Plan or Goal</b> Experienced BF. Mom plans to BF toddler for as long as he desires. Continue to monitor BF and weight gain.</p>		

**Education Resources** <http://www.llli.org/FAQ/bfpregnant.html> Resource- *Pregnant and Breastfeeding*