**Inappropriate Nutrition Practices for Infants (I)**

### 411.7 Limited Frequency of Nursing

**Description**
- Often limits frequency of nursing:
  - Scheduled versus demand feedings, <8 feeds per 24hr when <2mo age, <6 feeds per 24hr between 2 & 6 mo

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

- “How do you feel about how often Sam (a newborn) is breastfeeding?”
- “When do you know Sam wants to feed?”

### Discussion, Counseling and Education

#### If the answer is: **Not ready**
- “I just let him eat when he wants. He gets fussy when he’s hungry.”

- **Try Counseling Strategies**
  - “Newborns breastfeed about 8-12 times a day. Some more, some less. Sam eats about 6 times, we want to be sure Sam is getting enough. What concerns do you have with your milk (or amount of milk made)?”
  - “How does Sam react when he is feeding?”

- **Try Education**
  - “Sam is eligible for WIC because he feeds less often than average. His weight is one way to know he is eating enough. He is gaining a little slowly. How do you think it would go if you tried breastfeeding more often?”
  - “Crying is usually a late cue that he wants to feed. May I share with you other cues babies give when they are hungry?”

- **Record Plan or Goal**
  - Mom was unaware of all feeding cues. Limited feeds lead to slow gain. Mom to offer breast more often.

#### If the answer is: **Unsure**
- “I don’t think I have enough milk. Maybe I need formula?”

- **Try Counseling Strategies**
  - “Why do you think you don’t have enough milk?”
  - “What have you done to try to increase your milk supply?”
  - “The more often you feed the more milk your body makes. On a scale of 1-10, how comfortable are you with trying to feed more often instead of adding formula?”

- **Record Plan or Goal**
  - Breastfed less thinking he would eat more at other feeds. Mom to offer more frequently. Weight check next appointment.

#### If the answer is: **Ready**
- “My mom said I should feed him on a schedule so he is easier to care for.”

- **Try Counseling Strategies**
  - “What have you heard about feeding on demand?”
  - “How would you feel about feeding more often versus trying to stick to a schedule, if you knew Sam was getting enough?”

- **Record Plan or Goal**
  - Grandma suggested scheduled feeds. Mom agrees baby seems to want to eat more often. Will try demand feeding.

### Education Resources
- [http://www.lli.org/NB/NBfrequency.html](http://www.lli.org/NB/NBfrequency.html) Resource - Breastfeeding Frequency