

411 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:	Try Counseling Strategies	Try Education
Not ready “I just let him eat when he wants. He gets fussy when he’s hungry.” Raise awareness & personalize change	<ul style="list-style-type: none"> • “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?” 	<ul style="list-style-type: none"> • “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.	
Unsure “I don’t think I have enough milk. Maybe I need formula?” Raise awareness & confidence & identify barriers to change	<ul style="list-style-type: none"> • “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?” 	<ul style="list-style-type: none"> • Assess relationship of nursing frequency to: <ul style="list-style-type: none"> ○ Infant weight gain ○ Number wet diapers and bowel movements ○ Infant symptoms (vomiting, diarrhea, fussiness, dehydration, etc.)? ○ Problems feeding (soreness, work schedule, etc.)? ○ Adequacy of milk supply? ○ Reason for scheduled feeds?
Record Plan or Goal	Breastfed less thinking he would eat more at other feeds. Mom to offer more frequently. Weight check next appointment.	
Ready “My mom said I should feed him on a schedule so he is easier to care for.” Help plan change-support	<ul style="list-style-type: none"> • “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?” 	<ul style="list-style-type: none"> • "Because breast milk is so easy to digest, breastfeed babies tend to feed more often than formula fed babies. Demand feeding means feeding when the baby signals he is hungry. How comfortable are you in recognizing when Sam is hungry?"
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://kidshealth.org/parent/growth/feeding/breastfeed_often.html Resource- *Breastfeeding How Often?*
<http://www.lli.org/NB/NBfrequency.html> Resource- *Breastfeeding Frequency*