



Counseling the Mother of the Premature Baby – Part 2

**While Mother and Baby
are Separated**



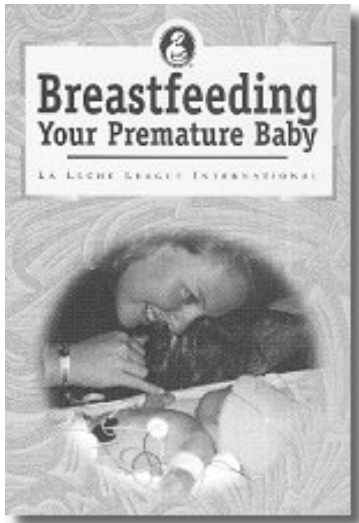


Nutrition Education/Clinic Services

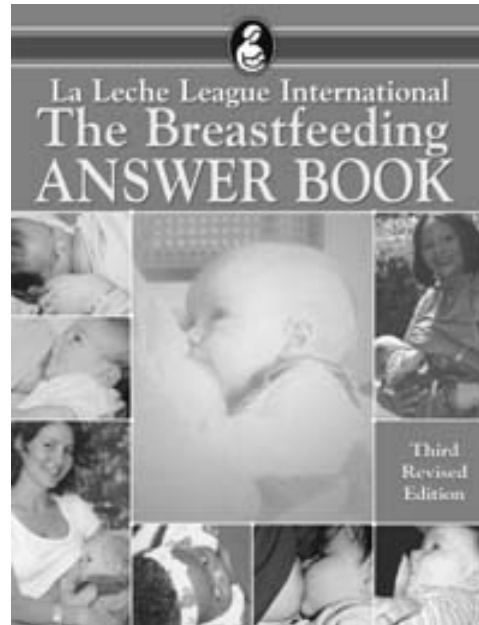
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Bibliography



"Breastfeeding Your Premature Baby", by Gwen Gotsch



*The Breastfeeding Answer Book, 3rd Revised Edition
by Nancy Mohrbacher and
Julie Stock*



*A Premie Needs His Mother
Produced by Jane
Morton, MD*



A six month fetus





Parental Feelings

- Shock to the parents
- Planning for the nursery
- Missed childbirth classes



How Does the Mother Feel About Having Her Baby Early?

- Confused
- Sad
- Anxious
- Angry
- Guilty
- Afraid



Premature Baby: What You CAN Say

- Open-Ended Questions
 - How do you feel?
 - What does your doctor tell you?
- Affirming Statements
 - I'm so sorry
 - It must be hard
- Education
 - Talking with other mothers who have had a premature baby
 - How to deal with any milk that comes in
 - Contact numbers for local support groups



Many Premature Infants Are No Bigger Than a Man's Hand



Human Milk Is the Best Especially for Premature Babies.

**The American Academy
of Pediatrics Promotes
Breastfeeding As the Standard
for All Human Babies**



How Does Premature Birth Affect Breastfeeding?

- Gestational age of baby
- Condition of the baby
- Mother's health
- Support and information available to her



Human Milk Is Especially Designed for the Premature Baby's Digestive System

**When a Mother Pumps for
Her Baby**



What are the Advantages to the Premature Baby?

- Protects from infection
- Protects against Necrotizing Enterocolitis (NEC)
- Immunologic protection
- Growth factors
- Visual development



What Are the Advantages for the Mother?

- Only the baby's mother can provide the best human milk for him/her
- Creates a physical closeness for her and her baby
- Allows the mom to be involved with her baby's care
- Allows mom's body to finish it's natural biological function



A Premie Needs His Mother – Part 1



Problems With Pumping: How Often Should the Mother Pump?

- Pump within first 6 hours after birth, if possible
- Pump 8+ times during a 24 hour period
- Schedule pumping sessions for the same time baby feeds in NICU
- One expression session should be in late evening and in early morning
- Pump at least 100 minutes per day, double pumping preferred



Handling Human Milk



- Store in refrigerator or freezer after expressing
 - Label with baby's name and date
- Freeze in small quantities
 - 2-4 ounces usually
 - 1 ounce for premature babies
- Store in hard plastic containers or milk storage bags
- Keep milk cool when transporting



Stay Within Your Scope of Practice

- Remain close to the basic information with which you have been trained
- Provide information and support based on the evidence presented at your training
- For situations outside the basics, yield to your WIC designated breastfeeding expert



Suggestions for Working With Her Health Professionals

- Encourage the mother to:
 - Write down her concerns
 - Find out when the baby's doctor will be in the NICU
 - Communicate her desire to breastfeed
 - Share breastfeeding information



Suggestions for Working With Her Health Professionals

- Talk to the doctors and nurses taking care of the baby in the NICU
 - Be respectful
 - Polite
 - Helpful
 - Honest about concerns
 - Assertive, but tactful



Remember that all of
you share the same
goal – doing the best
you can for the baby!



What can a mother do to get to know her premature baby?

- Visit the baby often
- Skin-to-Skin Contact (Kangaroo Care)
- Touch, talk, and sing to baby

Several faint, dotted handprints are scattered across the slide, some appearing to be in motion. A vertical line is on the left side, and a horizontal line crosses the slide, intersecting the word "Remember!".

Remember!

**Baby has heard mother's
voice and been with mother
inside the womb; he needs
the emotional and physical
comfort from mom to grow**



What Is Kangaroo Care?

- Touching baby as much as possible
- Holding baby skin-to-skin (on mom or dad's chest)
- Breastfeeding



What Are the Benefits of Kangaroo Care?

- Baby breathes better
- Baby has a steadier heart beat
- Baby's body stays warmer
- Baby sleeps better
- It is a step towards breastfeeding



When to Contact Mothers

- Frequent calls, every day or two, to check on the mother and baby
- Call within 24 hours if mother is having problems, and seek help from your designated WIC breastfeeding expert
- Follow the mother's cues for how often to call
- Remember mothers value someone checking on them



When to Contact Mothers

- Reinforce and support the healthcare team
- Be sensitive to mothers in difficult situations
 - Ask mom when her most convenient time is to talk
 - Respect needs of the mother and her family members
 - Be sensitive to their need for privacy, quiet, and time
 - Follow guidelines of your local WIC agency
 - Honor her wishes for no contacts if necessary



When to Contact Mothers

- Ideal contact times, when possible
 - Mothers of preterm infants – weekly or biweekly
 - Sick babies – daily or every few days as mother desires
 - Sick mothers – every few days as mother feels able and desires



Opening the Conversation With Mothers

- What are some of your feelings about being separated from baby?
- Who is around to help you?
- What is your family saying about breastfeeding?
- What are the doctors/nurses saying?



What if her baby dies ?

- Empathetic ear
- Grief Counseling
- WIC until six months postpartum
- Donor milk banks



Empty Arms – When a Baby is Lost

- What NOT to say
 - “It’s for the best”
 - “Be thankful for your other children”
 - “I know how you feel”
 - “Let me tell you MY story”
 - “You are young, you can have other children”



Donating Milk

- Many mother's find donating to be a beneficial component of their grief process
- Enjoy contributing to the life of other babies



Donating Milk

- 1) a ~10-minute phone interview
- 2) a completed written health history
- 3) a blood test to screen for HIV, HTLV, Hep B & C, and syphilis
- The mother must have at least 100 oz (or 200 oz if shipping is needed b/c she's not in a collection area-Austin, San Antonio, New Braunfels, Houston, Plano) of milk to donate