



NCCU CLINICAL GUIDELINES
SECTION: 7

BREAST FEEDING

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Preparation for discharge home
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Neonatology Clinical Guidelines
King Edward Memorial/Princess Margaret Hospitals
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PREPARATION FOR DISCHARGE HOME

Prior to discharge home ensure that the mother has the skills and knowledge to enable her to continue breastfeeding her infant at home.

ASK THE MOTHER THE FOLLOWING QUESTIONS:

1. Do you understand the transition process to all breast feeds at home?
2. Can you breastfeed your infant independently preferably 3 hourly / to demand and demonstrate correct positioning and attachment?
3. Do you understand the need to express for comfort after breast feeding, until supply = demand?
4. Can you recognise the effective nutritive sucking pattern of your infant and the signs that he/she is getting enough breast milk?
5. Do you understand the concepts of milk ejection reflex, infant led feeding, supply = demand?
6. Have you developed realistic expectations of your infant's needs and feeding behaviours in the home environment and understands that he/she will feed frequently at home i.e. eight times in a 24 hour period?
7. Are you aware of effective settling techniques?
8. Have you had the option to room in with your infant for a minimum period of 24 hours prior to discharge?
9. Can you competently bottle feed your infant, if required?

Ensure contact details are given for community-based breastfeeding supports such as KEMH Breastfeeding Centre (for infants born at KEMH), SCN Home Visiting Nurse (for NCCU follow-up program/special needs infants). Local Child Health Nurse and Australian Breastfeeding Association.

Mother's with a supply in excess of her infant's needs will need to wean expressing to avoid blocked ducts and possible mastitis. They may need to hire a breast pump for home use. Discuss with lactation consultant.

RECOMMENDED FURTHER READING

- J. Riordan, K. Wambach. Breastfeeding and Human Lactation 4th Edition 2009
- R. Mannel, P.J. Martens, M. Walker (Eds). Core Curriculum for Lactation Consultant Practice. 3rd Edition 2012
- W. Brodribb (Ed). Breastfeeding Management, 4th Edition 2012.
- R. Lawrence, R. Lawrence. Breastfeeding: A Guide for the Medical Profession 7th Edition, 2010.