

Too much milk?

Are you seeing babies who shows signs of:

- ◇ Fussing, unsettled, windy, "colicky"
- ◇ Gulping and choking
- ◇ Fighting the breast, won't stay latched on
- ◇ Bringing back milk soon after feeding, reflux
- ◇ Explosive and frothy stools and irritated nappy area
- ◇ Clenching their jaw when feeding
- ◇ High weight gain if they are coping with the milk flow, or low weight gain if baby cannot cope and refuses to feed.

Are you seeing mothers who give a history of:

- ◇ Recurrent plugged ducts or chronic sore breast
- ◇ Breasts that never seem to soften for long
- ◇ Forceful or painful let-down
- ◇ Sore nipples
- ◇ Avoiding foods they think may be affecting baby

Have you considered Too Much Milk (hyperlactation syndrome) or Too Fast Milk Flow (overactive milk ejection reflex) may be the problem? In the past mothers of unsettled babies were often told they did not have enough milk when the opposite was true.

What to do?

Determine if it is too much milk, too fast or both. Depending on the individual situation, suggestions may include these and more:

- ◇ using only one breast for any nursing in a two hour period;
- ◇ position baby so any excess milk flows out of baby's mouth rather than choking baby;
- ◇ hand express and catch the first strong flow of milk;
- ◇ wind baby frequently if gulping;
- ◇ consider cabbage leaves if severe oversupply.

What to know more? Come to the Milk Supply Theme Day!



Did you know?

Culinary herbs are used in many cultures to increase milk supply. These include anise, caraway, coriander, black cumin (nigella sativa), dill, and fennel. They may be made into a tea or used in cooking.

Galactogogues are one of the topics at the Milk Supply Theme Day.

What's On

Oct 20th Cork, repeated Oct 21st Dublin
Theme Day: Milk Supply

Nov 29th Cork, repeated Dec 5th Dublin
Theme Day: Child Wellness

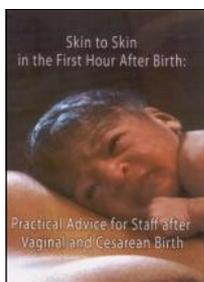
Dec 1st, 2nd, & 8th, Galway
Fundamentals of Breastfeeding 3-day course

Also Training the Trainer, Exam Prep and more topics in early 2012, timetable at www.bestservices.ie Training Courses

News Flash

Early Bird rate for October Theme Day is extended to Thursday October 13.

Resources of the Month



Skin to Skin in the first hours after birth: DVD

This 40 minute DVD assists staff in providing behavioural appropriate, individualized, baby adapted care for the full term newborn. Explains the 9 instinctive stages that occur.

Three sections include: the importance of early contact, practical advice for staff in the first hour after vaginal birth, and advice for

staff following a c-section. From The Healthy Children Project USA.

Now back in stock [Order on-line](#) from BEST Services. € 34

ALSO, The Magical Hour, a DVD for prospective parents. In this 30 minute DVD you see parents talk about their experiences of early skin to skin contact and the importance of this contact. [Order on-line](#) from BEST Services. € 34

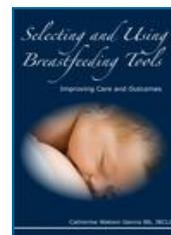


Selecting and Using Breastfeeding Tools

What tools and techniques are there? Why use them? What is the evidence to support their use? Each entry includes picture, description, advantages and disadvantages. Tools and techniques for sore nipples, supplementing, scales, pumps and more. This book is a "must have" for experienced lactation consultants and those new to the field. By Catherine Watson Genna.

[Order on-line](#) from BEST Services.

€26.50



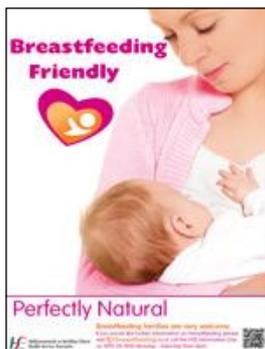
Baby's Choice (DVD)

This DVD from Sweden show's baby's natural instinct to find the breast within the first hour.

[Order on-line](#) from BEST Services. Special at € 39.43

THIS ISSUES' FREE DOWNLOADS and LINKS

- ☺ **Breastfeeding is Normal** video shows mothers and babies out and about and breastfeeding normally. In English and in French, this comes from Quebec to celebrate World Breastfeeding Week.
<http://www.allaiterpartout.com/p/diaporama.html>
- ☺ **The importance of human milk to develop healthy gut bacteria** is the explained in a short video from UC Davis. It highlights that necrotising enterocolitis (NEC) could largely be eliminated if human milk was used more. Watch it at <http://www.facebook.com/photo.php?v=10150331607079487>
- ☺ **Early childhood is the most effective time to prevent inequalities** before disparities widen, particularly for the poorest children. Poor nutrition, maternal and family stress, and poverty affect brain development from the prenatal period or earlier. Exclusive breastfeeding and early parent-to-child stimulation are key protective factors, along with maternal nutrition and education of mothers. Read more, watch the video and listen to the podcast <http://www.thelancet.com/series/child-development-in-developing-countries-2>
- ☺ **Growth charts based on normal breastfeeding babies** are available from the UK Royal College of Paediatrics and Child Health. Education and training materials for parents and health workers are also free to download including 10 presentations, activity sheets and video clips.
www.rcpch.ac.uk/child-health/research-projects/uk-who-growth-charts-early-years/uk-who-growth-charts-early-years
- ☺ **La Leche League of Ireland has a new web site** www.lalecheleagueireland.com



New HSE stickers, calendars, and posters to download or order from www.breastfeeding.ie



Quintessence Breastfeeding Challenge 2011

This fun event is an international challenge to see which geographic area (province, state or country) has the most breastfeeding babies, as a percentage of the birth rate, latched on at 11 a.m. local time. Now in its 10th year, the Challenge celebrates breastfeeding and mothers milk, and demonstrates promotion, protection and support for breastfeeding women and their families. It's a chance for education and peer support done in a fun social way.

This year's events: Citywest Shopping Centre, Dublin had 146 babies latched on, Mahon Point, Cork had 145 babies, Bridge Centre, Tullamore had 45 babies.

So far reports are in from 12 countries with 168 sites and 3879 babies - and 106 sites still to report.

Visit the Challenge website at <http://www.babyfriendly.ca/general-information.aspx>

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This newsletter has two interesting pages - read both!