

How to know a publication (for reading, buying, recommending) is up to date and supportive of breastfeeding? Some indications to look for:

(Let me know other indications that you look for.)

<i>Concept / practice</i>	<i>Supportive/ up-to-date phrasing</i>	<i>Questionable phrasing</i>
Normality of breastfeeding	Breastfeeding is important for the short and long term health and well-being of children and women. Not breastfeeding may have risks	Not breastfeeding is considered the norm. Breastfeeding is a benefit for a <i>healthier</i> baby, i.e. more healthy than normal. Breastfeeding infant and mother have less risk of illness (less than <i>normal</i> level of risk)
Safety of artificial milks	“Parents need to be informed of the risks of artificial feeding if they are considering its use”	“Formula is an acceptable alternative if the mother does not choose to breastfeed”
Feeding choice	Breastfeeding is expected as normal; mother makes an informed decision not to breastfeed	Mother chooses to breastfeed.
Hospital practices (skin-to-skin, early initiation of breastfeeding, rooming-in, no routine supplements)	These practices as normal routine. Separation etc is seen as a risk for difficulties	The informed mother could make a special request to be allowed to do these practices. Usual care is separation, supplements. “If the mother chooses to keep her baby beside her...”
Frequency of feeding	Baby-led feeding, cue-based feeding	Feed every 3 hours or other direction
Breast anatomy	4-18 milk ducts which branch close to the nipple No lactiferous sinuses Glandular tissue found close to the nipple	30-40 milk ducts exiting the nipple Milk collects in lactiferous sinuses Symmetrical, radial pattern of duct network
Latch-on or attachment	Baby takes in more of the underneath of the breast – off-centre latch	Breast is centred in the baby’s mouth
Attachment	Baby takes the breast Baby attaches	Baby is put to the breast Mother attaches the baby
Milk removal	Swallowing is noted, milk transfer takes place	Time at the breast assumes milk transfer is happening
Medications	Use medications that are compatible with continuing breastfeeding	Judge if breastfeeding is compatible with the medication
Maternal illness	Evaluate the risks from not breastfeeding against evidence-based risk from the illness	“It may be better to stop breastfeeding if the mother is ill in case there is a risk to the baby.”
Foods in addition to milk	Breastfeeding continues with solid foods added to the diet, complementary feeding	Solid food replaces breastfeeds; breastfeeding reduced and stopped



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