Breast Feeding and Feeding of Infants

The resident will be able to describe and apply in the office:

1. Evidence-based benefits of breast feeding
2. Normal patterns of breast feeding including frequency
3. Characteristics of a good latch
4. Indications of adequate milk supply
5. Danger signs (of nutritional failure):
    a. Infant is not getting adequate nutrition and hydration
    b. Baby has rapid nibbling, shallow type of sucking, fluttering tongue movement
    c. Baby falls asleep at breast without drinking
    d. Bowel movements remain dark green after 5 days of age
    e. Inadequate wet diapers after day 3

The presenter will use a series of cases addressing the following:

1. Common barriers to breast feeding and how to counsel patients in the prenatal and postpartum period
2. Common problems with breast feeding and how to solve them

Feedback and suggested modifications for these objectives are encouraged after each session. Please direct your comments to your site Curriculum Coordinator.