

Personal Breastfeeding Goals

Breastfeeding Curriculum, updated 2021

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Personal Breastfeeding Goals

Question:

How will you assess a patient's breastfeeding goals?



Personal Breastfeeding Goals

Answer:

Ask open-ended questions.

- For example, “What are your thoughts on how long you want to breastfeed your baby?”

Personal Breastfeeding Goals

Question:

How long should moms be encouraged to breastfeed?



Personal Breastfeeding Goals

Answer:

Exclusive breastfeeding for about 6 months

- followed by continued breastfeeding as complementary foods are introduced, with continuation of breastfeeding for 2 years or longer as mutually desired by mother and infant



Personal Breastfeeding Goals

Question:

List potential barriers to breastfeeding that moms may face.

Personal Breastfeeding Goals

Answer:

- going back to work
- negative past breastfeeding experiences
- Aggressive formula marketing/early introduction of formula
- Lack of support from family and friends
- Concerns regarding medications or prior surgeries
- Experiencing pain
- And many more



Personal Breastfeeding Goals- References

- Read AAP Policy- Breastfeeding and the Use of Human Milk SECTION ON BREASTFEEDING, Pediatrics (2022) 150 (1): e2022057988. **DOI:**ped.s.2022-057988
Link:[Breastfeeding and the Use of Human Milk](#)
- ABM Clinical protocol #3. Supplementary feedings in the Healthy Term Neonate, Revised 2017.
<https://abm.memberclicks.net/assets/DOCUMENTS/PROTOCOLS/3-supplementation-protocol-english.pdf>
- Lori Feldman-Winter, et al. Evidence-Based Updates on the First Week of Exclusive Breastfeeding Among Infants ≥ 35 Weeks. Pediatrics, Apr 2020, 145 (4) e20183696
- Learn more about WIC breastfeeding peer counselors at:
<https://wicbreastfeeding.fns.usda.gov/become-wic-peer-counselor>



Acknowledgement Slide

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