

# “Not Enough Milk : What are the solutions?”

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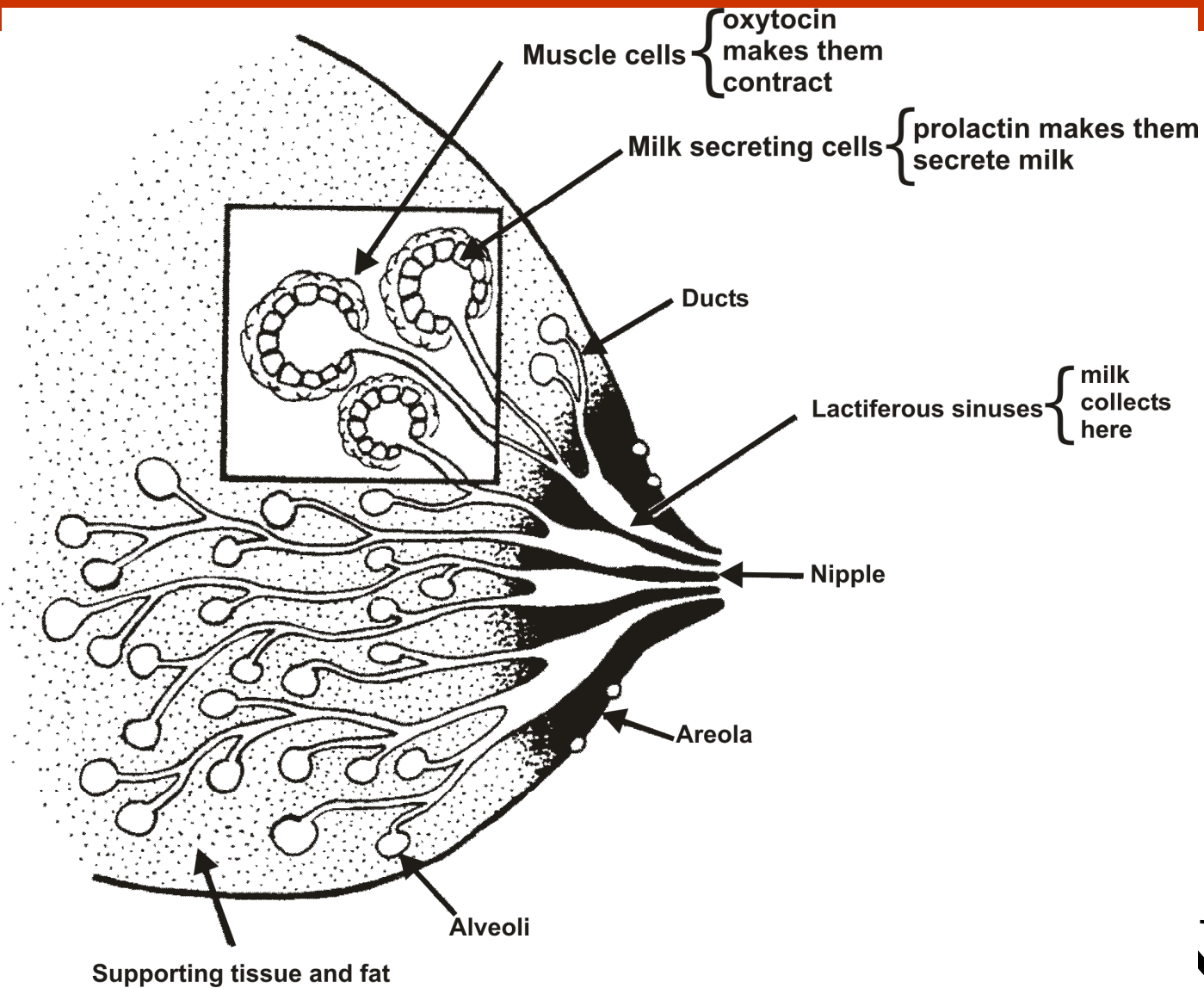
8 August 2020 IAP North Delhi

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# Overview

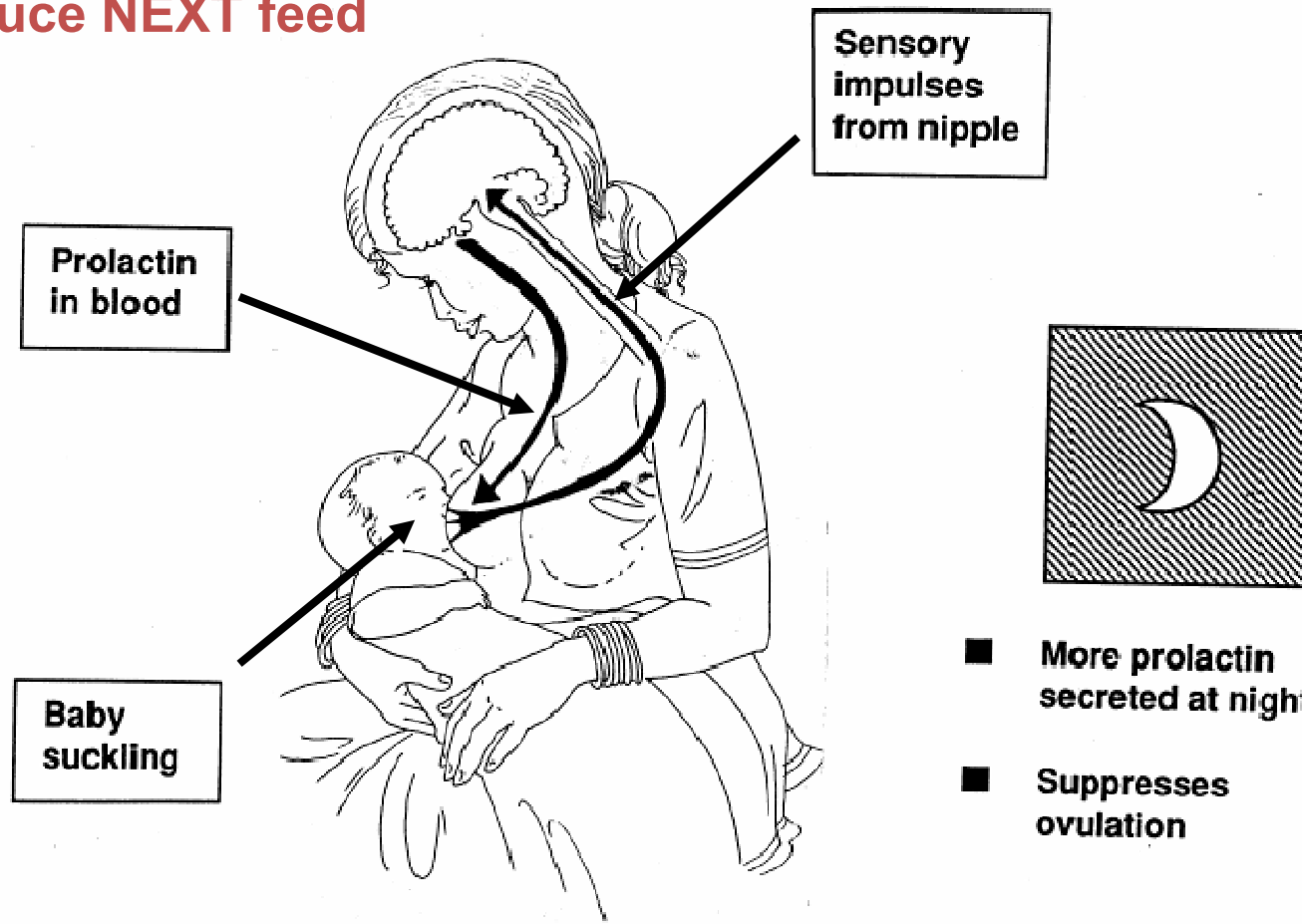
- What WHO says on Breastfeeding counselling
- Hormonal control of breastfeeding and its anatomical structures
- What is Not enough milk: A disease of a perception
- How to diagnose it
- What can you do to manage it?
- What can you do to support breastfeeding mothers?

# Breast Anatomy - Structure



# Prolactin Reflex

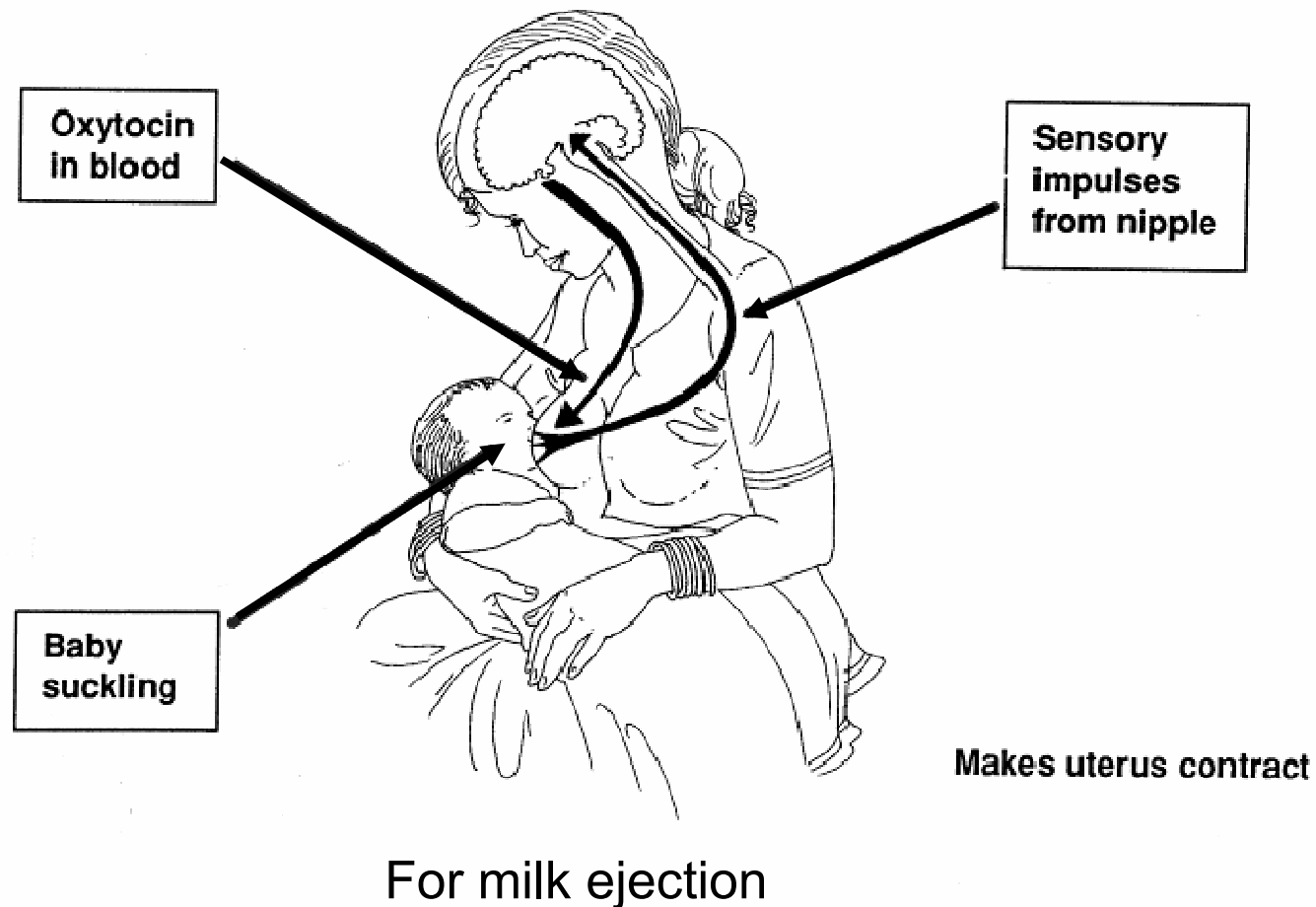
Secretion continues **AFTER** feed to produce **NEXT** feed



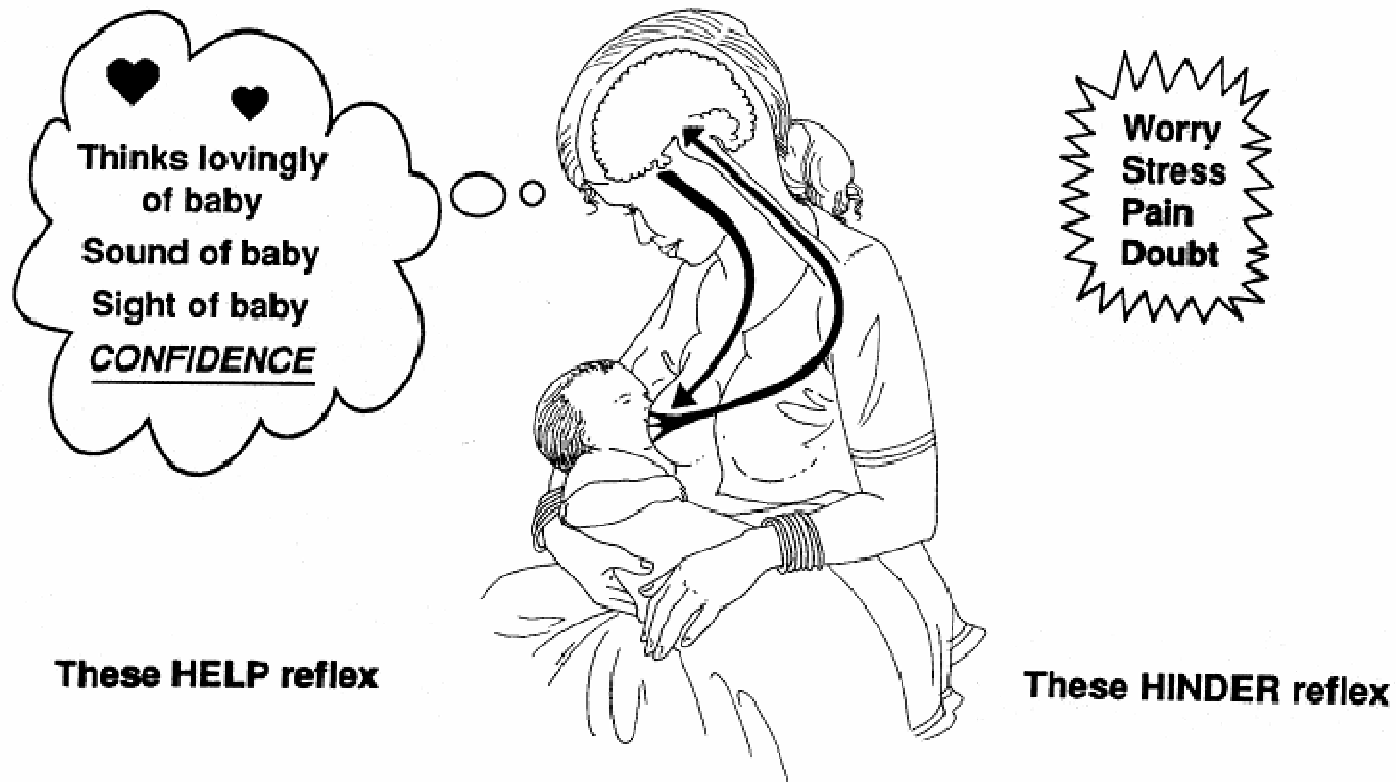
To increase milk productions

# Oxytocin Reflex

*Works BEFORE or DURING feed  
to make milk FLOW*



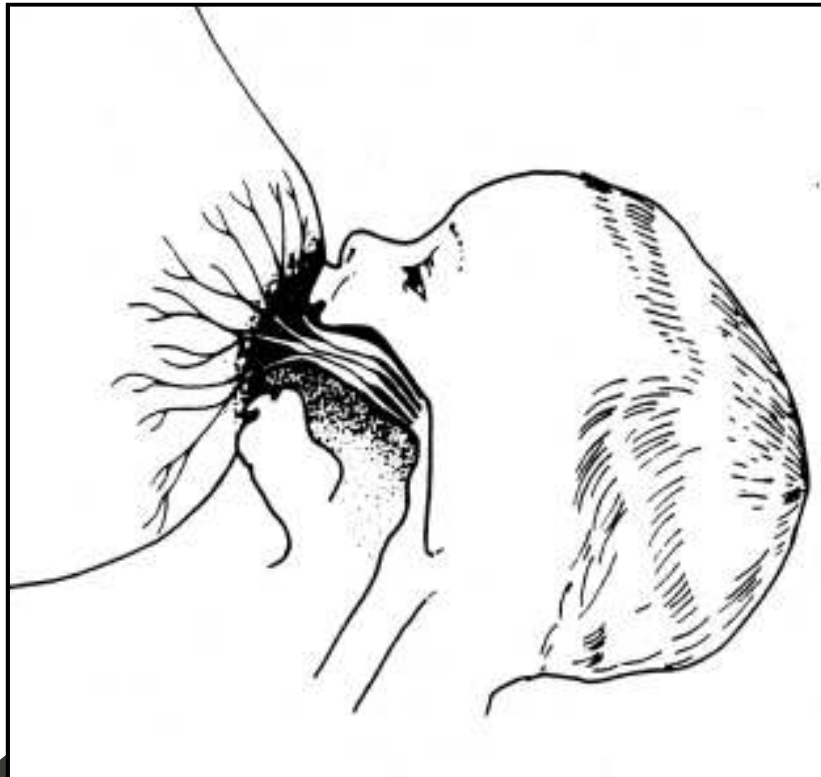
# Helping and Hindering the Oxytocin Reflex



For milk ejection

# Differences in an attachment

Picture 1



Picture 2



# “Not Enough Milk”



# What you need to learn ?

- Decide if a baby is NOT getting enough
- Help a mother who thinks she does not have enough
- Help a mother whose baby is not getting enough

# Not Enough Milk

- One of the commonest reasons that mother turn to alternatives
- Usually, when a mother thinks that she does not have enough breastmilk, her baby is in fact getting all that s/he needs.
- Key question is what makes her feel that she does not have enough milk
- Important point is NOT How much milk a mother can produce rather HOW much milk a baby is getting



bpni reason.

putting child nutrition  
at the forefront  
of social change

Sometimes if a baby is not getting enough there is a

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# How to decide if a baby is not getting enough?

- Question to you all.
- Please write your responses in the chat box

# RELIABLE SIGNS OF BABY NOT GETTING ENOUGH MILK

- Poor weight gain
- Passing small amount of concentrated urine
- Weight loss continued beyond 10th day of birth
- Weight loss  $> 10\%$  of the birth weight
- Birth weight not **REGAINED** by 14<sup>th</sup> day of birth.

# Possible Signs

- Baby not satisfied after breastfeeds
- Baby cries often
- Very frequent breastfeeds
- Very long breastfeeds
- Baby refuses to breastfeed
- Baby has hard, dry or green stools
- Baby has infrequent small stools
- No milk comes when mother tries to express
- Breasts did not enlarge (during pregnancy)
- Milk did not 'come in' (after delivery)

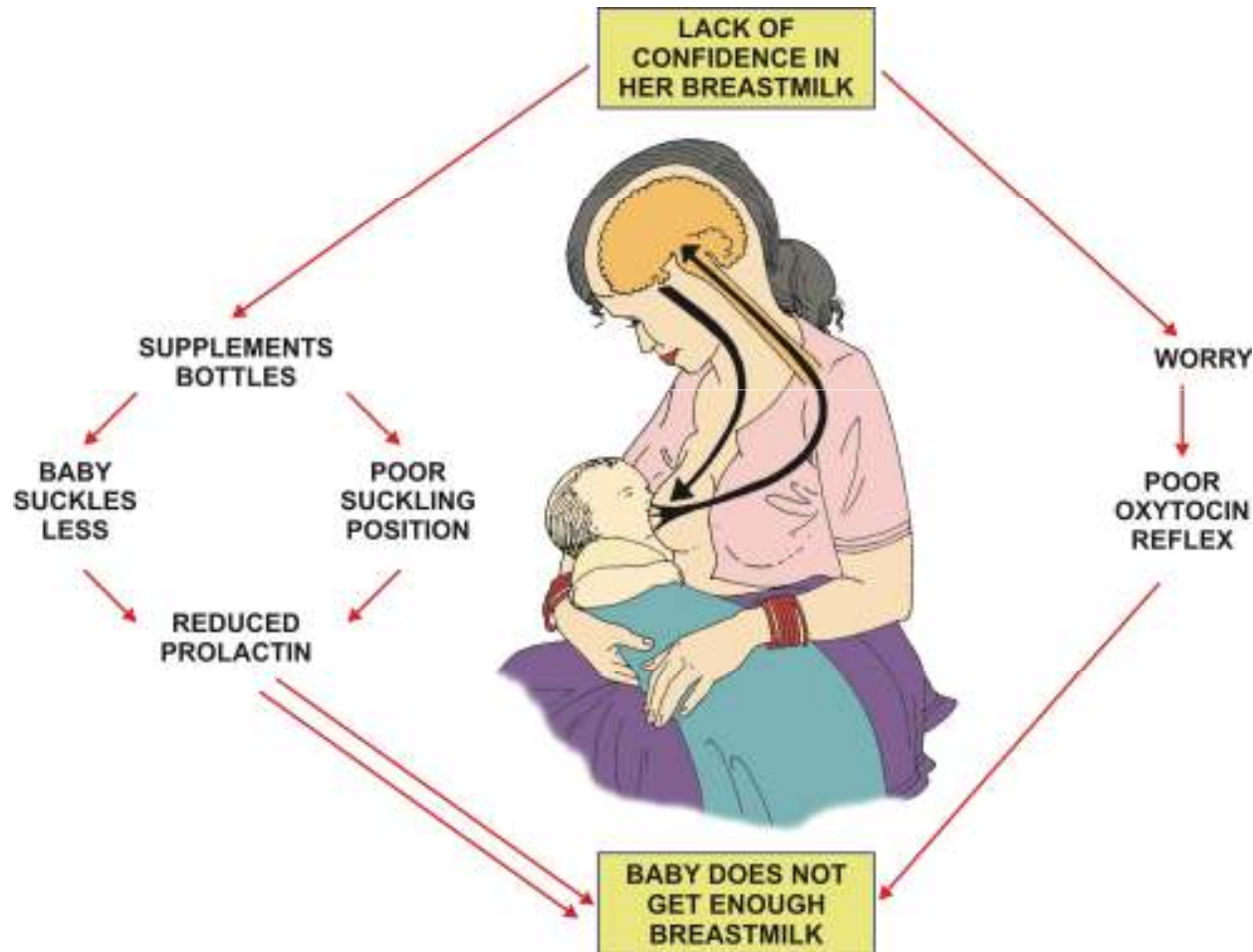
# UNRELIABLE SIGNS: Things that do not affect the breastmilk supply

- Age of the mother
- Sexual intercourse
- Menstruation
- Disapproval of relatives and neighbors
- Returning to a job (if baby continues to often)
- Age of baby
- Caesarian section
- Preterm delivery ( if the milk removed frequently)
- Many children
- Simple, ordinary

# Common reasons why a baby may not get enough breastmilk

Breastfeeding factors	Mother: Psychological factors
<ul style="list-style-type: none"><li>• Poor positioning</li><li>• Poor attachment</li><li>• Delayed start to BF</li><li>• Feeding at fixed times</li><li>• Infrequent feeds</li><li>• No night feeds</li><li>• Short feeds</li><li>• Bottles pacifier</li></ul>	<ul style="list-style-type: none"><li>• Lack of Confidence</li><li>• Worry</li><li>• Stress</li></ul>

# The Cycle of poor confidence and not enough milk





# Helping a mother whose baby is not getting enough breastmilk

- **Look for a cause**
  - Listen and learn
  - Take a history
  - Assess a breastfeed
  - Examine the baby
  - Examine the mother and her breasts
- **Build confidence and give support**
  - Accept - Praise
  - Give practical help
  - Give relevant information
  - Use simple language
  - Give suggestion

**Follow-up : Examine daily, then weekly until baby starts gaining weight and mother is confident**

# WHO Recommendations (2018)

- Breastfeeding counselling should be **provided to all** pregnant women and to mothers with young children.
- **WHEN:** Breastfeeding counselling should be provided in both the **antenatal** period and **postnatally, and up to 24 months** or longer.
- **HOW OFTEN:** Breastfeeding counselling should be provided **at least 6 times**, and additionally as needed.
  - antenatal period
  - perinatal period
  - 1–2 weeks after birth
  - 3–4 months
  - 6 months
  - after 6 months

# WHO Guidelines...2018

The screenshot shows a web browser displaying the WHO website. The page title is "Guideline: counselling of women to improve breastfeeding practices". The authors are listed as "World Health Organization". The publication details include: "Number of pages: 89", "Publication date: 2018", "Languages: English", and "ISSN: 878-82-4-155046-8". There are two download options: "Full text" (pdf, 2.197Mb) and "Executive summary" (pdf, 111kb). The overview text states: "This guideline examines the evidence and makes recommendations and remarks on the implementation of some of the details of breastfeeding counselling, such as frequency, timing, mode and provider of breastfeeding counselling, to improve breastfeeding practices. The objective of this guideline is to provide global, evidence-informed recommendations on breastfeeding counselling, as a public health intervention, to improve breastfeeding practices among pregnant women and mothers who intend to breastfeed, or are currently breastfeeding, and their infants and children."

# Role of Lactation counsellors

- Adequately trained person provides skilled counselling
- Information vs Counselling
- Confidence building
- Listening and learning skills
- All of you can do provided you get the training and skills required
- BPNI's training course 7 days duration
- A Graduate woman can do it, your hospitals can employ them and you should recommend

# Evidence on Counselling – Aligarh 2019

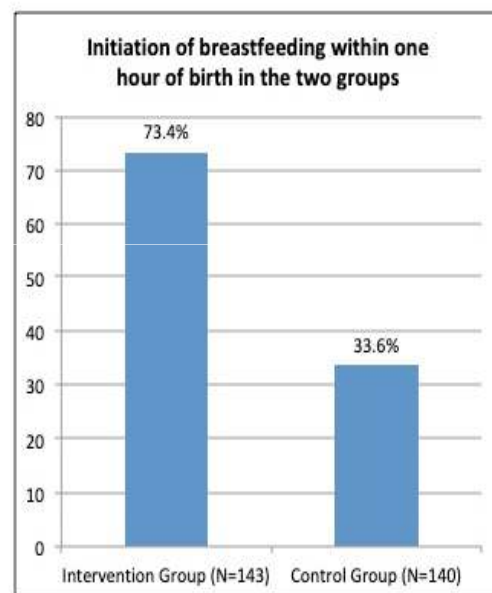
- 300 Women were recruited from ANC and randomised to Intervention (150) and control (150) groups
- 2 nutritionists were appointed & trained as CS using BPNI's '4 in 1' 7 days training programme
- Mothers in the intervention groups received 2 ante-natal and 8 post-natal counselling visits
- 2 research assistants collected data periodically



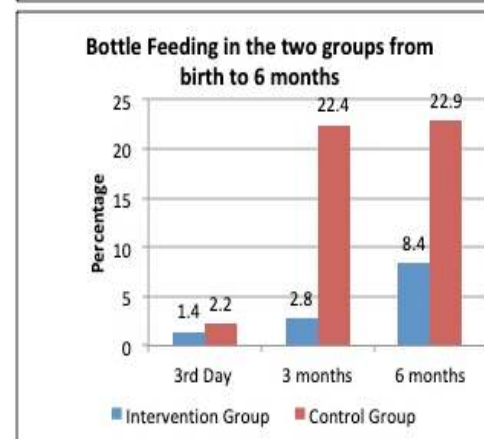
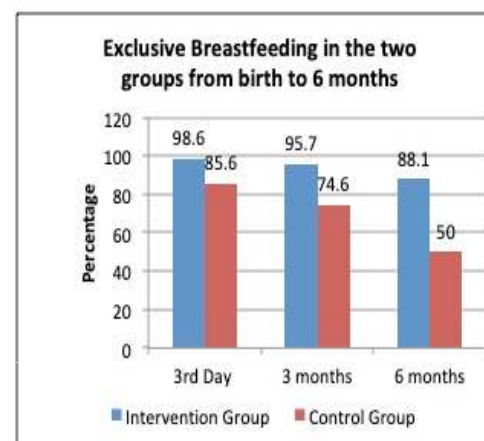
Gupta A, Dadhich JP, Ali SM, Thakur N. Skilled counseling in enhancing early and exclusive breastfeeding rates: an experimental study in an urban population in India. *Indian pediatrics*. 2019 Feb 1;56(2):114-8.

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# Findings



Findings from :Gupta A, Dadhich JP, Manazir SA, Thakur N. Skilled counseling in enhancing early and exclusive breastfeeding rates: A prospective experimental study in an urban population in India. Indian Pediatrics (In Press).



# BPNI Training Courses

2020 **Training/Capacity Building**

2019 BPNI works towards the training of health professionals and community workers to protect promote and support breastfeeding. BPNI coordinates and facilitates the education and training of grassroots personnel in the health and nutrition sector, both public and private hospitals as well. BPNI works to enhance the quality of BFFB through improved training.

2018

2017 **BPNI's Training Courses**

Name of the course	Eligibility	Duration	Capacity for Participation
	Senior Faculty members in medical		

2016

2015


**TRAINING BROCHURE**  
The '4 in 1' Training Programmes  
Download

# Get the education booklets and share


**SAVE INFANT'S LIVES BY PROMOTING BREASTFEEDING**

Save infants' lives by promoting breastfeeding

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**BREASTFEEDING AND COMPLEMENTARY FEEDING**  
A guide for the parents




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**Information sheet on Breastfeeding and COVID-19**



COVID-19 & BREASTFEEDING

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What is COVID-19?

How to protect your baby from COVID-19?

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putting child nutrition at the forefront of social change



**Launch of**  
**STANPAN SURAKSHA**  
**A Mobile Application**  
**By BPNI**



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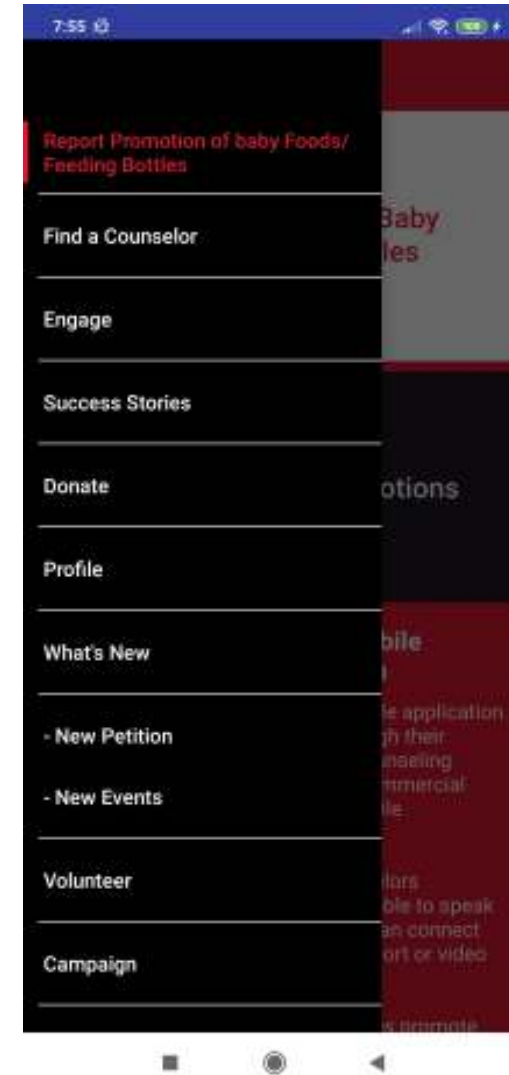
To enhance access to skilled  
lactation counselling  
support and protecting  
mothers from commercial  
baby food marketing,  
named “Stanpan Suraksha”.

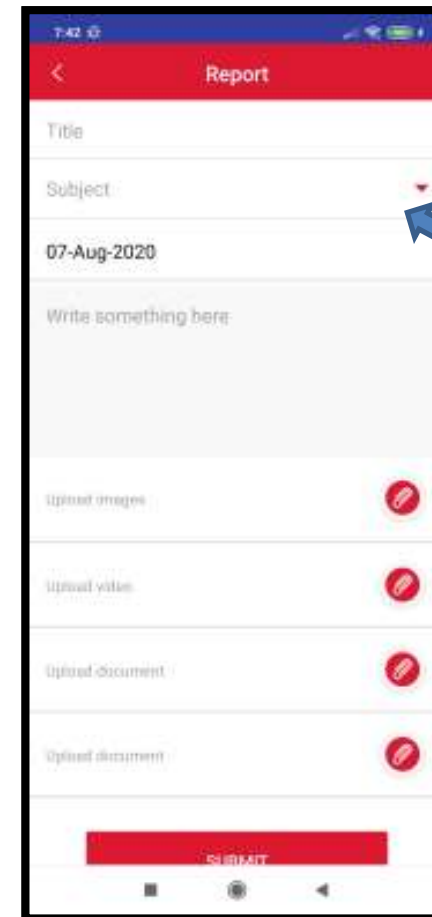
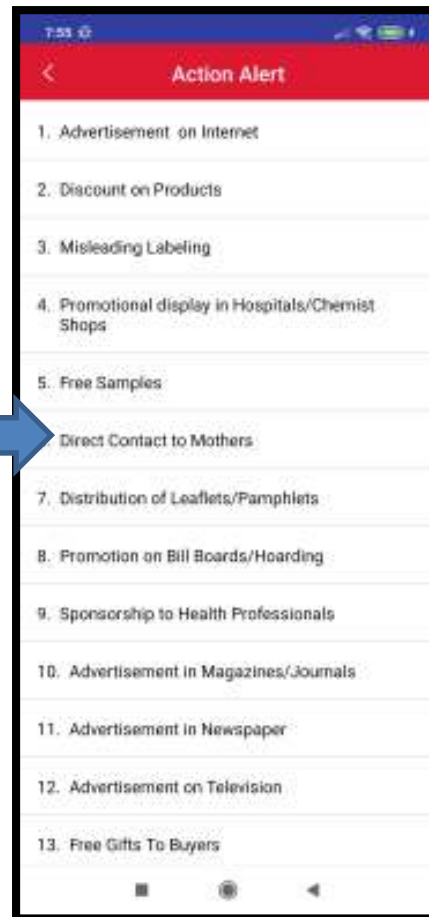
Vision

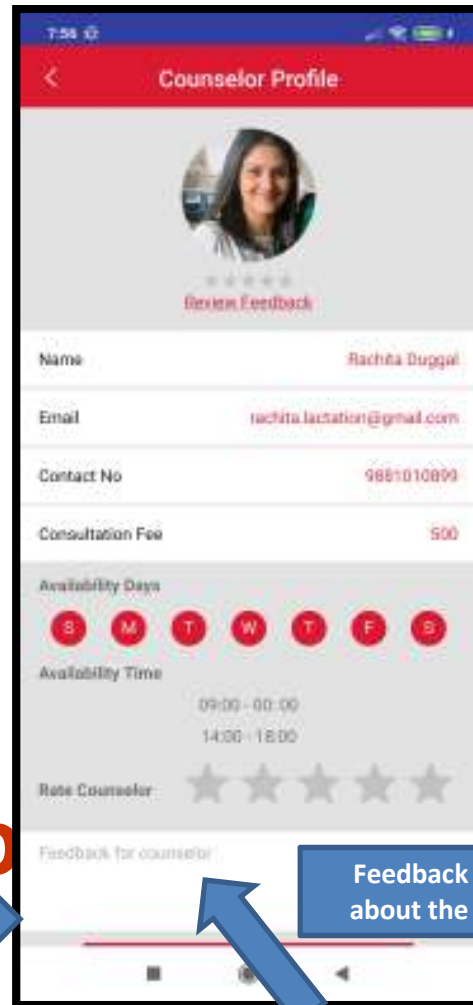
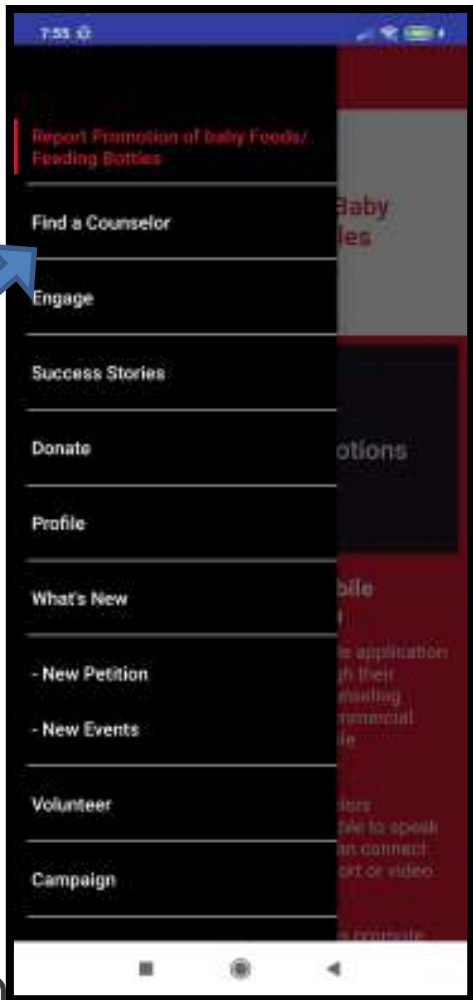


# Features of the Stanpan Suraksha App

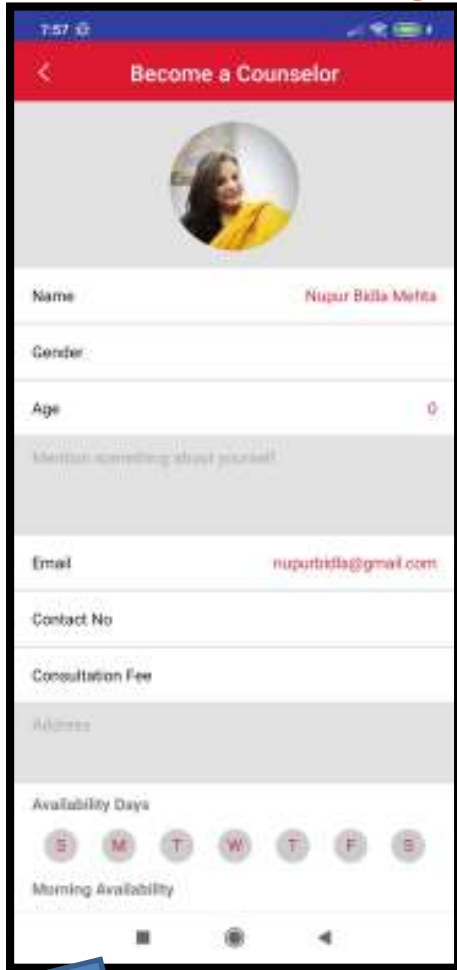
- Report Promotion of Baby Foods/Feeding Bottles
  - Find a Counsellor
  - Engage (Become a Counsellor)
    - Success Stories
    - Donate
  - What's New( Petition and Events)
    - Volunteer
    - Campaign
- Settings( About BPNI, Terms and Conditions)

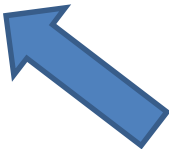
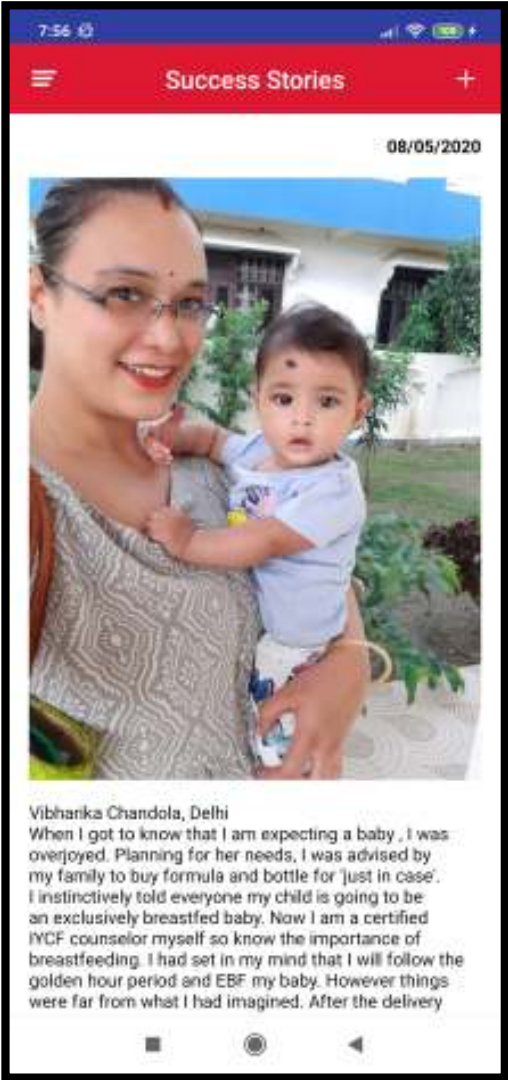






Feedback and rating about the counsellor

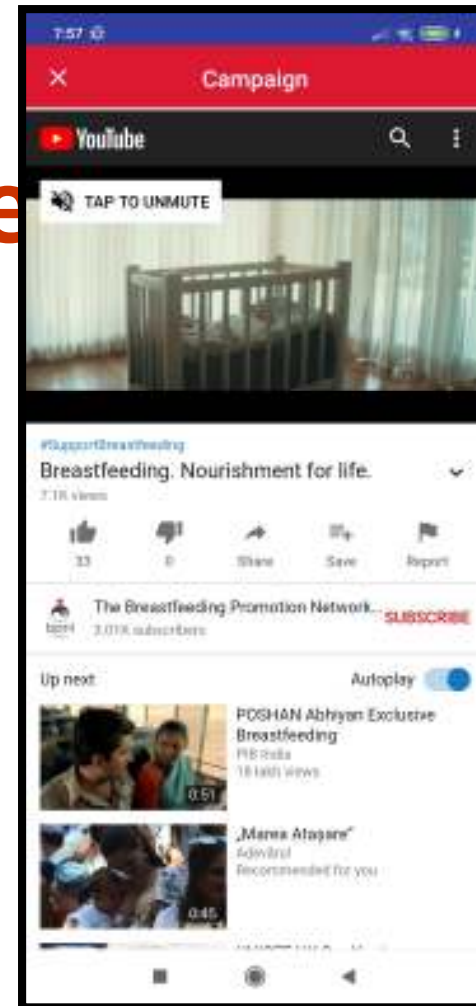
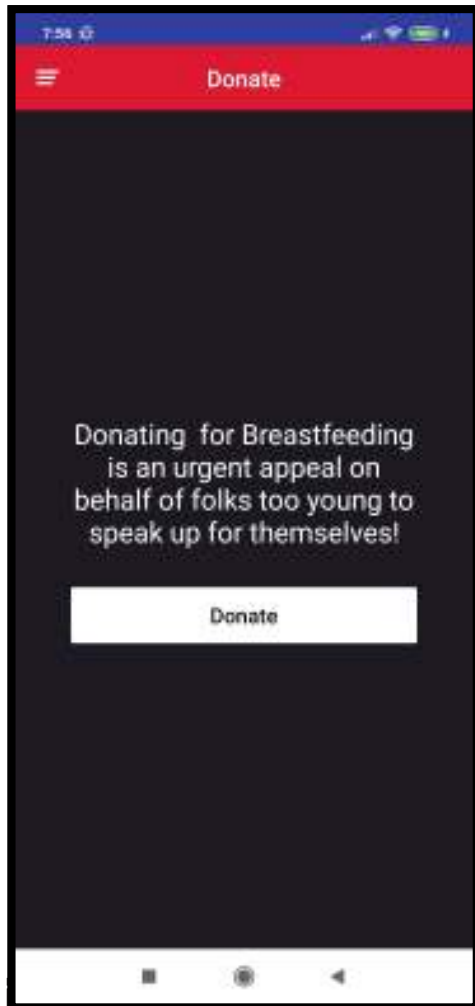




# You can use this APP

- Refer breastfeeding mothers to this APP
- If you wanted to share what baby food companies are doing
- Mothers can share there stories







Android App Play

Store: [https://play.google.com/store/apps/details?id=org.bpni.a](https://play.google.com/store/apps/details?id=org.bpni.app)

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store: <https://apps.apple.com/us/app/id1499323662>



iOS

**Thank you for listening !**