

# Mercy Hospital



## **STEP 8**

**ENCOURAGING  
BREASTFEEDING ON DEMAND**

# STEP 8

o Prenatal Education:

o “Breastfeeding: Off To a Good Start”  
Laminated and copies made for  
distribution by the Physicians at our  
clinics.

o Breastfeeding Education Class covers  
importance of demand feedings.

# STEP 8

## o Postpartum Education:

- o “Breastfeeding: Off To A Good Start” Laminated and in each birthing room for patient reference.
- o “Understanding Breastfeeding, Your Guide to a Healthy Start” from See What you Read, given to each breastfeeding patient.
- o Teach feeding cues, devised new Newborn Intake/Output record that we use for all patients to complete while they are in the hospital.

# Newborn Intake/Output

	Feedings	Diapers		Feeding Cues
Time	Minutes	Wet	Stool	<u>Early Feeding Cues</u>
6 a.m.				<p>Pick baby up to nurse when you notice these early feeding cues:</p> <ul style="list-style-type: none"> <li>• Baby moves body</li> <li>• Making little sounds</li> <li>• Opening mouth/sucking motion</li> <li>• Puts hands near mouth</li> <li>• Rapid eye movements</li> </ul> <p>Crying is a LATE feeding cue and babies often are too “worked up” to latch on at this point.</p> <p>Babies should eat at least 10 times in each 24 hours for the next several weeks.</p> <p>There should be at least one wet diaper per day of age. For example, at 3 days of age, baby should have 3 wet diapers.</p> <p>By day 3, bowel movements should start to change from black (meconium) to “transitional” stool, which is more green or yellow in color.</p>
7 a.m.				
8 a.m.				
9 a.m.				
10 a.m.				
11 a.m.				
Noon				
1 p.m.				
2 p.m.				
3 p.m.				
4 p.m.				
5 p.m.				
Total				
6 p.m.				
7 p.m.				
8 p.m.				
9 p.m.				
10 p.m.				
11 p.m.				
Midnight				
1 a.m.				
2 a.m.				
3 a.m.				
4 a.m.				
5 a.m.				
Total				

# STEP 8

- o Discourage pacifier use until breastfeeding is going well and milk production is established, around 3-4 weeks.



- o The Golden Hour signage is placed on the door following delivery. This is also posted in our waiting room.
- o Admission meds are given while baby is skin to skin.
- o Newborn admission assessment by the Physician is done while baby is skin to skin.
- o Newborn Bath is delayed

# New Bath Area



Plans to be in  
new birthing  
rooms January  
2015.

# Questions?

