

Minnesota Breastfeeding Coalition Workshop

October 22, 2015 | Essentia Health, Duluth

Non-Latching Babies: When to Worry, When It's Fine

Riana Damjanovich, RN, PHN, IBCLC, RLC
Kay Olson-Fischer, BS, LD, IBCLC, RLC

When to Worry

- Baby not having wet or dirty diapers
- Baby has dark colored urine after day 3 (should be pale yellow to clear)
- Baby has dark colored stools after day 4 (should be mustard yellow, with no meconium)
- Baby has fewer wet/soiled diapers than one void and one stool for as many days old baby is until day four.
- After day 4, stools should be yellow and baby should have at least 3-4 stools daily that are the size of a US quarter (2.5 cm) or larger.
- Some babies stool every time they nurse, or even more often—this is normal, too. The normal stool of a breastfed baby is loose (soft to runny) and may be seedy or curdy.
- Once mom's milk is in, expect 5-6+ wet diapers per 24 hours.
- Mom has symptoms of mastitis (sore breast(s) with fever, chills, flu-like aching)
- Contact provider, lactation consultant

When It's Fine

- Frequent and/or long feedings.
- Varying nursing pattern from day to day.
- Cluster nursing (very frequent to constant nursing) for several hours—usually evenings—each day. This may coincide with the normal “fussy time” that most babies have in the early months.
- Growth spurts, where baby nurses more often than usual for several days and may act very fussy. Common growth spurt times in the early weeks are the first few days at home, 7 – 10 days, 2 – 3 weeks and 4 – 6 weeks.

What To Do, Expert Tips

- Skin-to-skin snuggles
- Laid-back positioning
- Nurse early and often
- Co-bathing
- Hand expression
- Alternative feeding method until latch is established, such as spoon, cup, dropper, bottle
- Latch tools, nipple shield, etc.
- Milk removal/transfer is just as important as feeding baby
- Ensure expert support with a thorough visual latch assessment
- Have patience and confidence!

References:

Jan Barger RN, MA, IBCLC / Lactation Education Consultants
Kelly Bonyata, BS, IBCLC. KellyMom.com

Kay Olson-Fisher, BS, LD, IBCLC, RLC

Kay has been at Bloomington Public Health, which serves the residents of Bloomington, Richfield and Edina since January 2002. She is the Lactation Consultant and Breastfeeding Coordinator for Public Health and spends most of the time in WIC with the Breastfeeding Peer Counselor Program. Kay has also worked in the Family & Child Health division, as well as SHIP. She serves as a consultant for our PHNs and their clients, as well as providing in-services to nursing staff. For SHIP, Kay has provided trainings for Supporting Breastfeeding in Childcare Settings, which has been well received in the cities of Bloomington, Richfield and Edina. Prior to that, Kay was the WIC Program Coordinator and Breastfeeding Coordinator for Rice County Public Health for 15 years. Before getting into Public Health, Kay worked in Private Practice with an Endocrinology Specialty Group, doing diabetes education for 7 years.

Riana Damjanovich, RN, PHN, IBCLC, RLC

Riana has worked as a Labor and Birth Nurse and Childbirth Educator for the past 7 years. She also visits families as an International Board Certified Lactation Consultant to provide support and encouragement in breastfeeding. Riana received the 2014 March of Dimes Nurse of Year Award in the category of Women's Health. She lives in Hibbing surrounded by the beauty and love of her husband and three sweet children.