

How milk get from breast to baby

CATHERINE P. RICERO-LUISTRO, MD

SESSION OBJECTIVES


1. **Identify the parts of the breast and describe their functions**
2. **Discuss how breastmilk is produced and how production is regulated**
3. **Describe the baby's role in milk transfer**
4. **Discuss breast care**



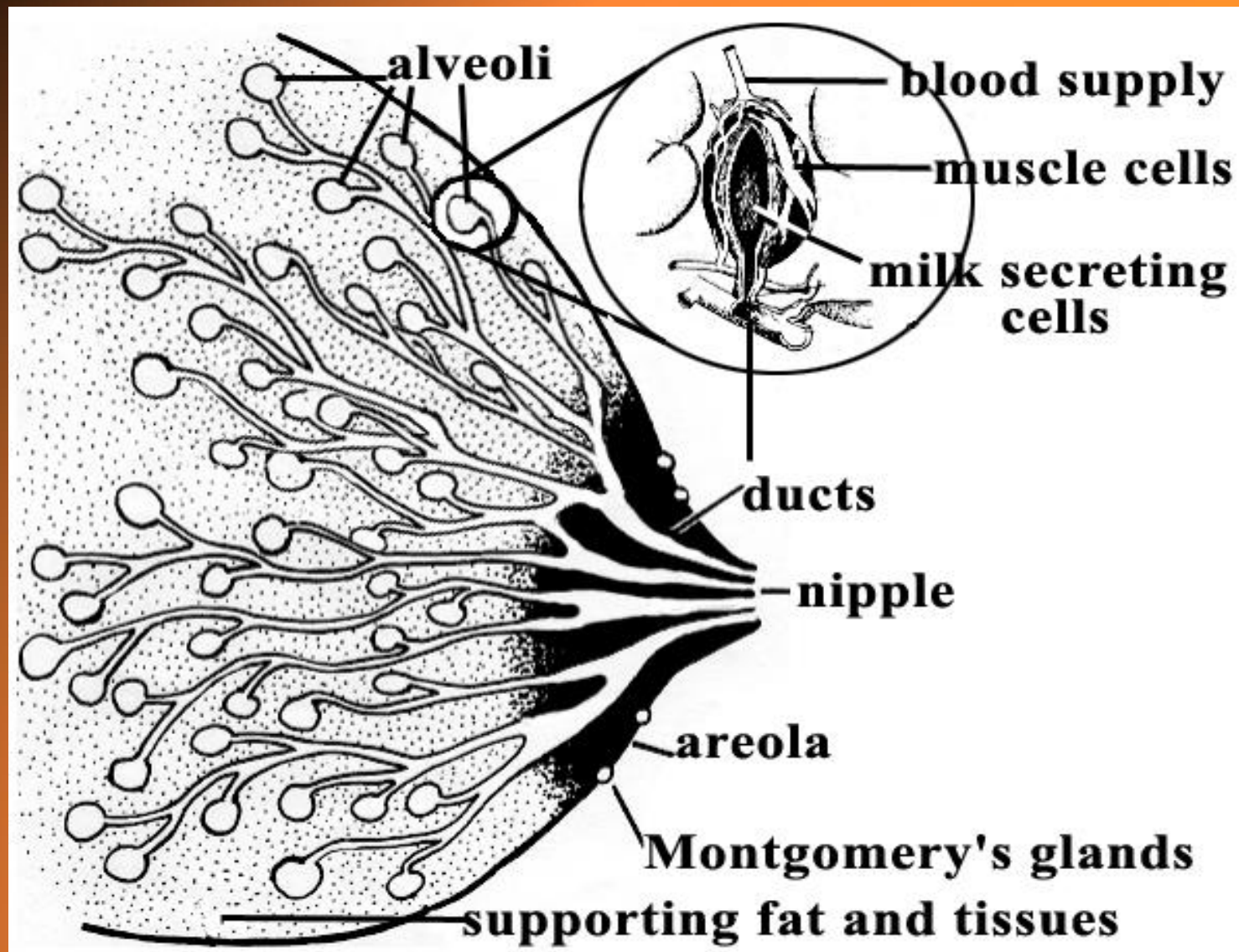
ELEMENTS NECESSARY IN NORMAL BREASTFEEDING PROCESS

1. A BREAST that produces and releases milk
2. A BABY who is able to remove the milk from the breast with effective suckling

The manner in which the baby is attached at the breast will determine how successful these 2 elements come together.



PARTS OF THE BREAST



BREASTMILK PRODUCTION

Hormones or chemical messengers in the blood.

During pregnancy – hormones help breasts

- ◎ **To develop and grow**
- ◎ **To start to make colostrum**

After delivery, hormones of pregnancy decreases.

Prolactin and Oxytocin- are important to help in the production and flow of milk.



1. PROLACTIN

- ◎ **Makes alveoli produce milk**
 - ◎ **Works after a baby has taken a feed to make milk for the next feed.**
 - ◎ **Can make mother feel sleepy and relax**
 - ◎ **Level is HIGH 2 hours after birth and at night**
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2. OXYTOCIN


**Causes muscles cells to contract and
makes milk flow down the ducts**



Oxytocin releax
Milk ejection reflex
Let down



SIGNS OF OXYTOCIN REFLEX

- Painful uterine contraction , with rush of blood (sometimes)
 - A sudden thirst
 - Milk spray from the breast/ leaking breast which is NOT being suckled
 - Feels a squeezing sensation in the breast
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PITUITARY GLAND

ANXIETY, PAIN
OR DOUBTS
STOP
REFLEX.



SIGHT OF
BABY,
SOUND OF
BABY'S
VOICE *and*
SENSORY
IMPULSES
FROM
NIPPLE
HELP
REFLEX

HELPING THE OXYTOCIN REFLEX




FEEDBACK INHIBITOR OF LACTATION (FIL)

**Breastmilk contains inhibitor that
can reduce milk production –
(FIL)**

**The amount of milk produced
depends on how much milk
removed.**



*TO PREVENT “FIL” FROM COLLECTING AND
REDUCING MILK PRODUCTION...*

- **Make sure that baby is well attached**
 - **Encourage frequent feeds**
 - **Allow to feed as long as she wants at each breast**
 - **Finish one breast before giving the other**
 - **If baby cannot suckle, express the milk so that production continues**
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ROLE OF BABY IN MILK TRANSFER

The baby's suckling controls the:

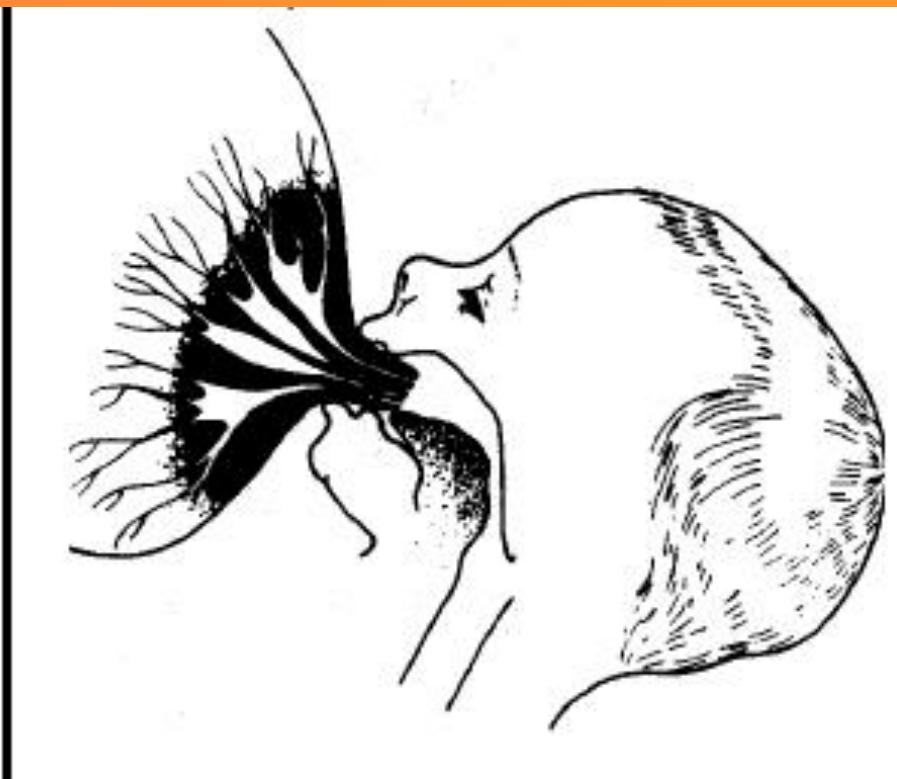
- Prolactin production**
- Oxytocin reflex**
- Removal of the inhibitor within the breast**



WHAT CAN YOU SEE?



Good attachment

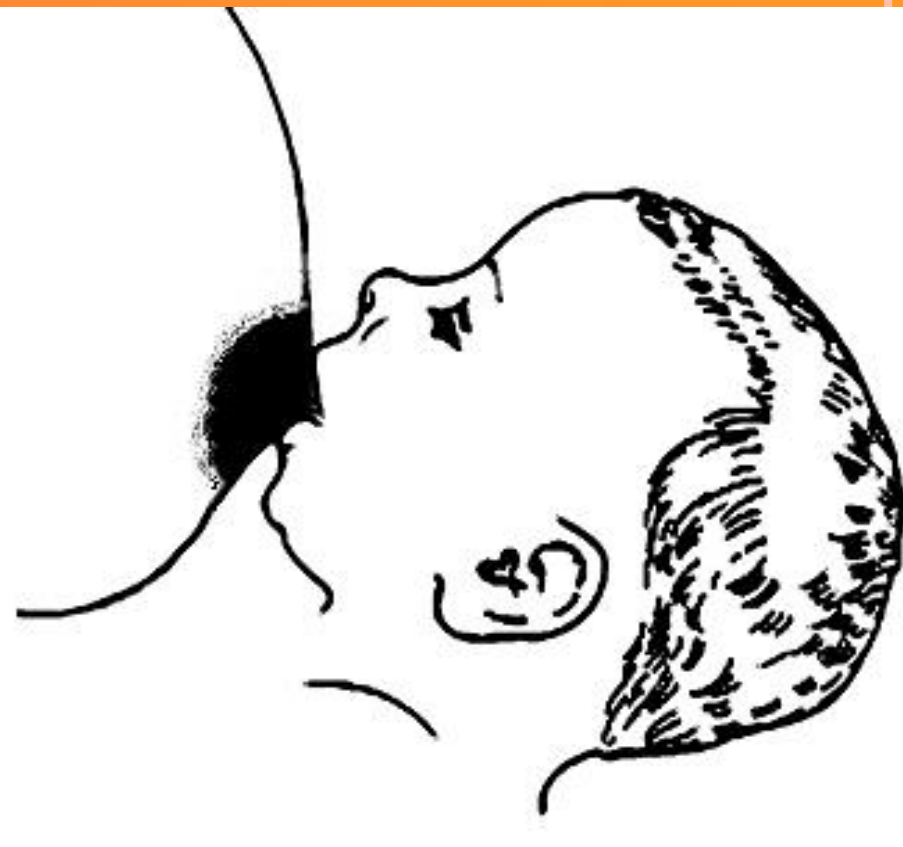


Poor attachment

WHAT CAN YOU SEE?



Good attachment



Poor attachment


THE ACTION OF SUCKLING

Rooting reflex


Sucking reflex

Swallowing reflex


SIGNS THAT A BABY IS SUCKLING EFFECTIVELY

- 1. Slow deep sucks sometimes with short pause**
 - 2. May hear or see the baby swallowing**
 - 3. Baby's cheeks are full during a feed**
 - 4. Baby finishes the feed and releases the breast by himself**
 - 5. Looks contented**
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SIGNS OF NOT SUCKLING EFFECTIVELY

1. **Makes rapid shallow sucks**
 2. **Makes smacking or clicking sounds**
 3. **Has cheeks drawn in**
 4. **Fusses or appears unsettled at the breast and comes on and off the breast**
 5. **Feeds very frequently**
 6. **Feeds for a long time (unless lbw)**
 7. **Not contented at the end of the feed.**
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ARTIFICIAL TEATS / PACIFIERS

- **cause difficulties because it has a different mouth action**
 - **may come to prefer the artificial teats**
 - **may reduce the suckling time at the breast – less stimulation – less production**
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WAYS TO KEEP MILK PRODUCTION PLENTIFUL

- ◎ **Initiate BF soon after birth**
 - ◎ **Make sure baby is well attached**
 - ◎ **Do not give artificial teats or pacifiers**
 - ◎ **Breastfeed exclusively**
 - ◎ **Feed on demand basis**
 - ◎ **Feed at night when the prolactin release in response to suckling is high**
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BREAST CARE

Washing the breast once a day as part of general body hygiene is sufficient. Clean with water only.

**SOAP, VASELINE
OILS, LOTION**



SUMMARY

- **Size and shape of the breasts are not related to ability to breastfeed.**
- **Prolactin helps to produce milk and can make the mother feel relaxed.**



- **Oxytocin ejects the milk so that the baby can remove it through suckling.**

Relaxing and getting comfortable, and seeing, touching, hearing, thinking about baby can help to stimulate the oxytocin reflex.

Pain, doubt, embarrassment, nicotine, or alcohol can temporarily inhibit oxytocin.

- **If the breast gets overfull, feedback inhibitor of lactation will reduce milk production.**

Milk production only continues when milk is removed. The breasts make as much milk as is removed.

- **Early feeding and frequent feeds help to initiate milk production.**
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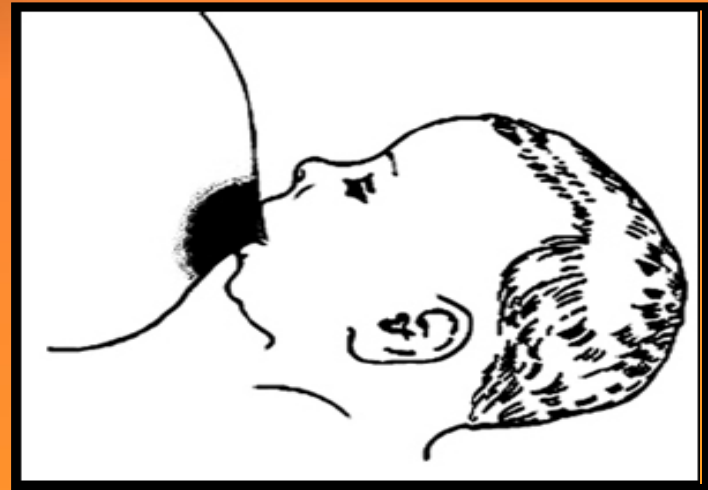
Signs of good attachment

Chin touching breast
(or nearly so)

Mouth wide open

Lower lip turned
outwards

Areola: more visible
above than below the
mouth



Signs of poor attachment

Chin away from breast

Mouth not wide open

Lower lip pointing
forward, or turned in


Areola: more visible
below than above, or
equal amounts

Signs of effective suckling

- Slow, deep sucks and swallowing sounds
- Cheeks full and not drawn in
- Baby feeds calmly
- Baby finishes feed by him/herself and seems satisfied
- Mother feels no pain



Signs that a baby is not suckling effectively

- Rapid, shallow sucks and smacking or clicking sounds
 - Cheeks drawn in
 - Baby fusses at breast or comes on and off
 - Baby feeds very frequently, for a very long time, but does not release breast and seems unsatisfied
 - Mother feels pain.
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*What do mothers need to know
about caring for their breast
when breastfeeding ?*



Breast care is important:

- Breasts do not need to be washed before feeds
- Mothers who are not breastfeeding need to care for their breasts until their milk dries up.

