

# Session Title: Breastfeeding Best Practices October 2<sup>nd</sup>. 2024

Topic Content:

1. The biomechanics of breastfeeding and identifying classical tongue tie
2. Achieving sufficient milk production and recognizing over production
3. Supporting partially and exclusively formula fed infants

Title	References
<p>The biomechanics of breastfeeding and identifying classical tongue tie</p>	<p><b>A brief gestalt intervention changes ultrasound measures of tongue movement during breastfeeding: case series 2022</b>  <a href="https://bmcpregnancychildbirth.biomedcentral.com/articles/10.1186/s12884-021-04363-7">https://bmcpregnancychildbirth.biomedcentral.com/articles/10.1186/s12884-021-04363-7</a></p> <p>Wang Z, Liu Q, Min L, Mao X. The effectiveness of laid-back position on lactation related nipple problems and comfort: a meta-analysis. BMC Pregnancy and Childbirth. <b>2021</b>;21:248.1 Coon ER</p> <p><b>Academy of Breastfeeding Medicine Position Statement 2021</b>  <a href="https://www.bfmed.org/assets/Ankyloglossia%20position%20statement%202021.pdf">https://www.bfmed.org/assets/Ankyloglossia%20position%20statement%202021.pdf</a></p> <p>Canadian Pediatric Society Position Statement: <a href="#">Ankyloglossia and breastfeeding</a>            Posted: May 11, 2015   Reaffirmed: Jan 11, <b>2024</b></p> <p>Ankyloglossia (tongue tie) in infants            Josalynne Anderson, Pooja Prabhu, M. Elise Graham. CMAJ Oct <b>2023</b>, 195 (39) E1349; DOI: 10.1503/cmaj.230151  <a href="https://www.cmaj.ca/content/195/39/E1349">https://www.cmaj.ca/content/195/39/E1349</a></p>
<p>Achieving sufficient milk production and recognizing over production</p>	<p>UvnäsMoberg K, Ekström-Bergström A, Buckley S, Massarotti C, Pajalic Z, Luegmair K, et al. <b>(2020)</b> Maternal plasma levels of oxytocin during breastfeeding—A systematic review. PLoS ONE 15(8): e0235806. <a href="https://doi.org/10.1371/journal.pone.0235806">https://doi.org/10.1371/journal.pone.0235806</a></p>



<p>Supporting partially breastfed infants and parents</p>	<p><b>Human milk: From complex tailored nutrition to bioactive impact on child cognition and behaviour 2022</b> <a href="https://www.tandfonline.com/doi/citedby/10.1080/10408398.2022.2053058?scroll=top&amp;needAccess=true">https://www.tandfonline.com/doi/citedby/10.1080/10408398.2022.2053058?scroll=top&amp;needAccess=true</a></p> <p><b>Daily mother-infant skin-to-skin contact and maternal mental health and postpartum healing: a randomized controlled trial 2022</b> <a href="https://pubmed.ncbi.nlm.nih.gov/35715486/">https://pubmed.ncbi.nlm.nih.gov/35715486/</a></p> <p><b>Daily skin-to-skin contact alters microbiota development in healthy full-term infants 2023</b> <a href="https://pubmed.ncbi.nlm.nih.gov/38197254/">https://pubmed.ncbi.nlm.nih.gov/38197254/</a></p> <p><b>Nutrition for Healthy Term Infants -0-6 months. Canadian Pediatric Society.</b> <a href="https://www.canada.ca/en/health-canada/services/canada-food-guide/resources/nutrition-healthy-term-infants/nutrition-healthy-term-infants-recommendations-birth-six-months.html">https://www.canada.ca/en/health-canada/services/canada-food-guide/resources/nutrition-healthy-term-infants/nutrition-healthy-term-infants-recommendations-birth-six-months.html</a></p> <p><b>Know the Flow. Milk Flow Rates From Bottle Nipples Used in the Hospital and After Discharge. Britt Frisk Pados , PhD, RN, NNP-BC ; Jinhee Park , PhD, RN ; Pamela Dodrill , PhD, CCC-SLP</b> <a href="https://r.search.yahoo.com/_ylt=AwrEa8v_R0ll7P894ePrFAx.; ylu=Y29sbwNiZjEEcG9zAzEEdnRpZAMec2VjA3Ny/RV=2/RE=1699330175/RO=10/RU=https%3a%2f%2fpubmed.ncbi.nlm.nih.gov%2f30028734%2f/RK=2/RS=rQmbfCClLbRk_knQtowLzWSHSBM-">https://r.search.yahoo.com/_ylt=AwrEa8v_R0ll7P894ePrFAx.; ylu=Y29sbwNiZjEEcG9zAzEEdnRpZAMec2VjA3Ny/RV=2/RE=1699330175/RO=10/RU=https%3a%2f%2fpubmed.ncbi.nlm.nih.gov%2f30028734%2f/RK=2/RS=rQmbfCClLbRk_knQtowLzWSHSBM-</a></p>
<p>Research Flags Maternal Mental Health</p>	<p><b>Women who breastfeed exhibit cognitive benefits after age 50. Evol Med Public Health. 2021</b> <a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8573189/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8573189/</a></p> <p><b>Effect of Community-Initiated Kangaroo Mother Care on Postpartum Depressive Symptoms and Stress Among Mothers of Low-Birth-Weight Infants 2021</b> <a href="https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2779045?utm_source=twitter&amp;utm_campaign=content-shareicons&amp;utm_content=article_engagement&amp;utm_medium=social&amp;utm_term=042421#.YINJ7erqyY.twitter">https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2779045?utm_source=twitter&amp;utm_campaign=content-shareicons&amp;utm_content=article_engagement&amp;utm_medium=social&amp;utm_term=042421#.YINJ7erqyY.twitter</a></p> <p><b>Mental Health Benefits of Breastfeeding: A Literature Review 2022</b> <a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9572809/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9572809/</a></p> <p><b>Affectionate Touch in the Context of Breastfeeding and Maternal Depression Influences Infant Neurodevelopmental and Temperamental Substrates 2021</b> <a href="https://www.karger.com/Article/Abstract/511604#">https://www.karger.com/Article/Abstract/511604#</a></p> <p><b>Parents With PTSD Are More Likely to Struggle With Breastfeeding 2021</b> <a href="https://www.parents.com/baby/breastfeeding/problems/parents-with-ptsd-are-more-likely-to-struggle-with-breastfeeding/">https://www.parents.com/baby/breastfeeding/problems/parents-with-ptsd-are-more-likely-to-struggle-with-breastfeeding/</a></p> <p><b>Relationships between postpartum depression, sleep, and infant feeding in the early postpartum: An exploratory analysis</b> <a href="https://pubmed.ncbi.nlm.nih.gov/37032920/">https://pubmed.ncbi.nlm.nih.gov/37032920/</a></p>