Breast Feeding Nutrition in the NB

1. PCP can promote BF as normal for infant feeding by recommending exclusive BF for about \_\_months, and by encouraging BF to last at least \_\_year.
2. Name 8 acute disorders that BF reduces\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Name 6 chronic disorders that BF improves.

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1. Name 3 things you can do at birth to help initiate successful breastfeeding, and to improve breastfeeding rates?

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1. What are 4 signs of an incorrect latch while breastfeeding?

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1. What are 4 early hunger cues that a newborn gives?

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1. What is a sign of milk transfer?

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1. Fill in the chart. Memorize this chart really important .

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Day of Life | Age in hours | Milk vol/feed | Mom’s  perspective | #feed/  24 hrs | #void/  24hrs | #stools/  24hrs | Wt loss normal | Excess  Wt. loss | Supplement  Volume |
| 1 | 0-24 | 0-5ml | drops |  |  |  |  |  |  |
| 2 |  |  | 1 tsp |  |  |  | 3% |  |  |
| 3 |  |  | 1Tbsp | >8 |  |  |  |  |  |
| 4 |  |  | 1 oz |  | 4or> | 4or> |  | >10% |  |
| 5 |  |  | >1oz |  |  |  |  |  | 40-50ml |
|  |  |  |  |  |  |  |  |  |  |