



Gini Baker, RN, MPH, IBCLC  
UCSD Lactation Programs  
[www.breastfeeding-education.com](http://www.breastfeeding-education.com)

UC San Diego  
*Risks of Not Breastfeeding*

**Disclosures ...  
Conflicts of Interest**

- **Program Coordinator**
  - UCSD Perinatal Health Programs
    - Lactation Consultant
      - Pathway 1 and Pathway 2
    - Lactation Educator – CLEC
    - Lactation Specialist – Baby Friendly Hospital Training's
    - IBLCE CERP's
  - Lactation Consultant
    - Sharp Mary Birch Hospital (Retired)
    - Private Consulting/Lecturing
  - Web Site
    - [www.breastfeeding-education.com](http://www.breastfeeding-education.com)



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**Regret or Guilt?**

**Guilt:** doing something that we knew was wrong" at the time

**Regret:** later learning that we could have done something better

**Goal:** transform regret into motivation to be more conscious about future decisions we may make

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**Changing Behavior ...**

- **Personal Motivation**
  - Risk of Not Breastfeeding
- **Change Environment**
  - Visual (BFHI – posters)
  - Access to Care
- **Deliberate Practice**
- **Peer Pressure**
  - Identify Key persons = social motivation
  - Other Sources of Influences – better networking

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**Risks of Not Breastfeeding**

**Baby**

**Mother**

**Partner**

**Society**

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**RISKS OF  
GETTING ABM  
TO *BABY*...**

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### Risks for Baby:

- Morbidity and Mortality
- Asthma
- Upper Respiratory
- Allergies
- Otitis Media

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### RISKS FOR BABY ...

- Colic vs Reflux
- Gas
- Diarrhea
- Constipation
- Reflux
- GI Pain
- Gut Inflammation

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### RISKS FOR BABY

- Obesity
- Type 1 Diabetes
- Brain Development
- Intelligence
- Autism
- ADHD
- Dental and Bottle Mouth

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4.35 Weeks in a month  
6 months = 26 weeks  
7 months = 31 weeks  
8 months = 35 weeks

Volpe, Neurology of the Newborn, 3<sup>rd</sup> Ed, 1995

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**March of Dimes 2014 Handout to Reduce Pre-term Birth**

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### Risks of ABM for BABY

- Jaw development problem
- Bottle mouth – tooth decay
  - Breastfeeding and Infant Caries: No Connection by Brian Palmer, DDS Published in: ABM NEWS and VIEWS, The Newsletter of The Academy of Breastfeeding Medicine, 2000, Vol. 6, No. 4 (Dec), p27 & 31.
- Speech problems

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## SUID/SIDUK/SIDS

Sudden Unexpected Infant Death  
Sudden Infant Death of Unknown Cause  
Sudden Infant Death

## vs Cot Death

Environment

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## *Risks of ABM for BABY*

- Picky eater - doesn't learn variety of tastes from breast milk
- Dietary needs static, no change in composition (time of day or age)
- Difficult ensure proper temperature of formula

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## *Risks of ABM for MOM*

- **Increased risk of shorter pregnancy intervals**
- **Breastfeeding contributes to optimal child spacing**  
It is possible to get pregnant while breastfeeding. However, many breastfeeding women do not ovulate for the first 6 months or so following the birth of a new baby.  
Night nursing encourages longer amenorrhoea (periodlessness)
- **Rules of LAM (Lactation Amenorrhea Method)**
  - **Pre-requisites:** Baby < 6 months of age + Mom not started menses
    1. Exclusive Breastfeeding
    2. No artificial nipples, teats, or pacifiers
    3. No Pumping
    4. Baby sleeps in close proximity to mom

Kennedy HL, Vonesh CM. "Contraceptive efficacy of lactational amenorrhea." Lancet. 1992; 339:227-30  
Lalibko MH, Cole C. "Postpartum and breast-feeding." Curr Opin Obstet Gynecol. 1992; 4:818-825

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## *Risks of ABM for Mom*

- **Breastfeeding satisfies baby's *emotional needs* and increases *bonding* between mother and baby**

All babies need to be held. There is no more comforting feeling for an infant of any age than being held close and cuddled while breastfeeding. In fact, studies have shown that premature babies are more likely to die if they are not held or stroked.

Breastfeeding stimulates the release of the hormone oxytocin in the mother's body. "It is now well established that oxytocin, as well as stimulating uterine contractions and milk ejection, promotes the development of maternal behavior and also bonding between mother and offspring."

Uvnas-Moberg, Eriksson: "Breastfeeding: physiological, endocrine and behavioral adaptations caused by oxytocin and local neurogenic activity in the nipple and mammary gland." Acta Paediatrica, 1996 May, 85(5):525-30

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## *Risks of ABM for MOM*

- **Nursing helps mom lose weight after baby born**
  - Burns 250 – 500 Calories
  - What's number 1 health problem in US ?
  - What's wrong with saying "eat 250-500 MORE calories when BF?"

## RISKS FOR PARTNER

- Increased Work & Responsibilities
  - Preparing bottles of formula
  - Feeding
- Increased Concerns & Anxiety
  - Formula safety, brand, quality
  - Preparation, temperature, sterilizing
  - Overfeeding, underfeeding
  - Chocking, positions, burping
  - Schedules

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# Risks of NOT Breastfeeding

**Risks of ABM for Society and Baby**

- Formula Recalls
- Increased cost/less availability of formula/recalls

[http://www.breastfeeding.com/advocacy/advocacy\\_recalls.html](http://www.breastfeeding.com/advocacy/advocacy_recalls.html)  
<http://www.kids.gov/kids/topics/NEWS/2006/NEW011923.html>

February 22, 2006: The U.S. Food and Drug Administration (FDA) is alerting the public to a recall being conducted by Mead Johnson for their GENTLEASE powdered infant formula, lot number: BMJ119, use by 1 Jul 07. This lot was found to contain metal particles, consisting of up to 2.7 millimeter.

**Wal-Mart Baby Formula Recall: Enfamil Pulled after Baby Dies**

An infant died in a hospital after drinking Enfamil baby formula. The manufacturer of the formula says this batch of formula had a small amount of aluminum in it.

The formula has been officially recalled by the government and the lot has not yet been removed from shelves. The manufacturer says that the formula had a small amount of aluminum in it. The manufacturer says that the formula had a small amount of aluminum in it.

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## Informed Decision/Choice


- Indications – Contraindications – Alternatives
  - Information must **not come from** formula companies
  - If mothers get information about risks of formula feeding and decides to formula feed, they will have *made an informed decision*
- Health professionals' advice** is often the single most common reason for mothers' failing at breastfeeding!

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## Strategies ... Informed Choice

- Pre-natal Education
- Hospitals:
  - BFHI
  - Annual competencies and Skills fairs
  - ABM and Human Milk Comparison
  - Signed Consent for ABM = Medicine with Risks
  - ABM in medicine room/cart
- Clinics – Pediatric Offices
  - BFHI Clinics – California Model
  - <https://www.breastfeeding.org/community/breastfeeding-friendly-community-clinics>
  - Toolkit

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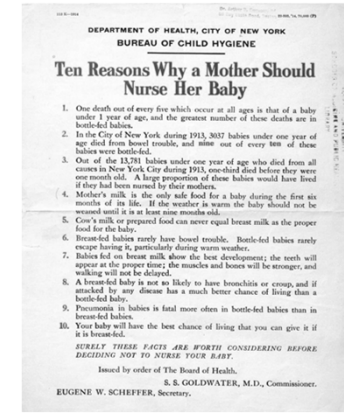


<http://changingmarkets.org/wp-content/uploads/2018/02/BUSTING-THE-MYTH-OF-SCIENCE-BASED-FORMULA.pdf>

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[www.changingmarkets.org](http://www.changingmarkets.org)

**ABM vs Formula ???**  
 Artificial Baby Milk or Formulated Baby Milk

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**Breastfeeding 1914**

Department of Health  
 City of New York  
 Bureau of Child Hygiene

Key in on #4

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