



## ***Breastfeeding Resource Guide***

The *Breastfeeding Resource Guide* (BRG) aims to provide you with basic information and references about the normal course of breastfeeding and common concerns. It directs you to relevant resources.

LLL Leaders support mothers and parents by providing them with information and encouragement to make their own decisions. You are not expected to know everything about breastfeeding. You are required to know where to find further information when needed.

Your primary resource is the 2024 edition of *The Art of Breastfeeding* (AoB). Chapter and/or index references are provided for each topic. Other resources listed are LLLI and non-LLL website links.

Find out what other resources are available in your LLL entity; they may provide alternatives to the LLLI resources listed below.

### Using the BRG as a Leader Applicant

Applicants are required to complete the BRG. (LLLI Criteria for Leader Accreditation, LLL Policies and Standing Rules, Applying for Leadership)

- Consider each topic and decide your familiarity with the information and resources provided.
- Use the BRG in ways that suit you and your preferred learning style. Decide whether you want to work on it alone, with your supporting Leader(s) or with other Applicants.
- Add to it to develop a resource which will help you gain confidence to support mothers and anyone who requests breastfeeding information.
- Look up keywords in the index of any references you use. Make a note of additional resources available to you.
- **Make use of the most up-to-date references available to you through LLLI and your entity.**
- Use the BRG in conjunction with the *Preview of Helping Questions and Group Management*. As you become familiar with the information and resources available to you, practice responding to helping questions. You can build your knowledge and skills through note taking, discussion with your supporting Leader, writing an answer to a practice email question, and role-play with your supporting Leader.

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## Part A: LLL and non-LLL Resources

### Every Leader is a resource

When you are contacted for support with the normal course of breastfeeding, remember that you are a valuable resource. Listening, empathizing, reflecting feelings, clarifying concerns can help, even before you share information. This week's overwhelming problem soon becomes history as time and our babies move on. You may be able to confirm that what someone is experiencing is within the normal course of breastfeeding - or a particular phase whilst the baby learns the difference between night and day. It may help to know that, even if no changes are made, the issue is likely to resolve itself as the baby grows, develops and learns.

### Published LLL resources

*The Art of Breastfeeding* provides answers to many questions. LLL Groups often keep more than one copy in the Group Library, if available, to loan to anyone who comes to a meeting. **Make use of the most up-to-date references available to you.**

### Online resources

Online resources give you the option to refer a mother or parent immediately to information.. On the LLLI website [www.llli.org](http://www.llli.org) you can find:

- LLLI website “Breastfeeding Info A to Z” at: <https://www.llli.org/breastfeeding-info/>
- La Leche League Online Support Resources at : <https://www.llli.org/la-leche-league-online-support-resources/>
- Breastfeeding Support Facebook Group in English at: <https://www.facebook.com/groups/LLLI.Breastfeeding.Support/about/>

There are several **non-LLL websites** that Leaders find informative and helpful. If you suggest these resources to a mother, it is important to mention that the information is not from LLL, yet may be helpful. Describe any association with LLL, such as if the author is a Leader, and the reason you are recommending the site. If you have any reservations about the style or content of the source, either find an alternative source of information or mention your reservations. Check out the information you think is relevant before passing it on to a mother or parent.

- Suzanne Colson, Ph.D.: [www.biologicalnurturing.com](http://www.biologicalnurturing.com)
- Kathleen Kendell-Tackett, Ph.D., IBCLC: <http://www.uppitysciencechick.com/postpartum-depression.html>
- LactMed (USA National Institutes of Health database): <https://www.ncbi.nlm.nih.gov/books/NBK501922/>
- Jack Newman, M.D.: [ibconline.ca](http://ibconline.ca)
- Diana West, BA, IBCLC: [www.bfar.org](http://www.bfar.org)

### People resources

Every LLL Leader is part of a network of support that extends far beyond the individual or the Group. Sometimes consulting with another Leader (respecting the confidentiality of personal information) will provide you with the support you need. The Professional Liaison Department (PLD) offers support and accurate, up-to-date information to Leaders helping mothers and parents in medical, legal, or other

complex or unusual situations. You can contact the PLD if you receive a helping call which goes beyond the normal course of breastfeeding, and for which your usual resources are not adequate. Find out about the LLL support structure where you live.

**Leader's Handbook, Chapter Four**, provides information about how to effectively use published, online and people resources, as well as how to best communicate that information to mothers.

**Part F** of this **Breastfeeding Resource Guide** (see below) provides helpful information about situations that are beyond the normal course of breastfeeding.

## **A: Study Questions**

1. What is a Leader's Log and why must all Leaders keep one? What information needs to be included in this log?
2. What basics are important to remember when someone calls with a question about a drug/medication they are/will be taking? Who or what are your references?
3. As a Leader, how can you recognize situations where you need extra help? Where can you turn first? Next? Beyond that?
4. Who is your Professional Liaison (PL) Leader? How can you use the Medical Questionnaire to gather information prior to contacting the PL Leader?

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## **Part B: Childbirth and Breastfeeding**

### **How birth interventions affect initiating breastfeeding or chestfeeding**

#### **Cesarean births**

- [Childbirth and Breastfeeding](#): Background Information for Leader Applicants and supporting Leaders
- AoB, Chapter 3: Birth!, Index: cesarean sections
- LLLI website: "Breastfeeding Info A to Z"
  - Birth and Breastfeeding: <https://llli.org/breastfeeding-info/birth-and-breastfeeding/>
  - Cesarean birth: <https://llli.org/breastfeeding-info/breastfeeding-cesarean-birth/>

## **B. Study Questions**

1. Name three birth interventions and describe how they can affect the initiation of breastfeeding.
2. What is a Leader's role in supporting a mother or parent who had a negative birth experience?
3. How do Leaders discuss childbirth at LLL meetings?
4. When is skin-to-skin care recommended and why?
5. How can Leaders help someone initiate breastfeeding after a cesarean birth?

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## Part C: Breasts and Breast Milk

### The structure of the breast; how it makes and delivers milk

- AoB 2024 index: Breast size and shape, hormones, milk production, milk ejection reflex (letdown, milk release)

You may get a helping call from a mother who has had **breast enlargement** (implants) or **breast surgery**.

- AoB 2024 index: breast surgeries
- LLLI website, “Breastfeeding Info A To Z,” **Anesthesia**: “I am having surgery”
  - <https://www.llli.org/breastfeeding-info/surgery-and-breastfeeding/>
- Diana West’s website: [www.bfar.org](http://www.bfar.org)

### Colostrum

- AoB 2024 index: Colostrum
- LLLI website, “Breastfeeding Info A To Z,” **Colostrum: Prenatal /Antenatal Expression**: <https://www.llli.org/breastfeeding-info/colostrum-prenatal-antenatal-expression/>

### Fertility

- AoB 2024 index: Fertility
- LLLI website, “Breastfeeding Info A To Z,” **Fertility**: <https://www.llli.org/breastfeeding-info/fertility/>

### Health and nutritional benefits of human milk

Learn how breastfeeding affects a baby's health and well-being, protecting him from **illness** and **allergies**.

- AoB 2024 index: Human milk, health impact of breastfeeding, immunological impact
- LLLI website, “Breastfeeding Info A To Z,” **Importance of Breastfeeding**: <https://www.llli.org/breastfeeding-info/benefits/>

## C. Study Questions

1. Identify the nipple, areola, and Montgomery glands on a breast and describe each.
2. What breast surgeries can cause problems with breastfeeding? Why?
3. What initiates the increased milk production after the birth?
4. How would you describe supply and demand milk production to a mother or parent?
5. What is the lactational amenorrhea method (LAM)?

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## Part D: What Is “Normal” for a Full-Term, Healthy Breastfeeding Baby?

There is wide variation in what is normal. No one can tell parents, for example, how often or how long their baby will need to nurse or at what age their baby will “sleep through the night.” Babies' nursing patterns vary, and a pattern that is right for one mother and baby may not be right for another. Also, an individual baby's nursing pattern may vary as he grows. A healthy baby with a good suck who is gaining normally and thriving will naturally fall into the nursing pattern that is best suited to him. By responding to their baby's cues, mothers can be confident that they are doing the best for their baby.

From your own experience, you will know many aspects of behavior that are within the normal range for a breastfeeding baby. To read more about this topic, see:

- AoB 2024 Chapter 5, “The First Few Days: Hello, Baby . . .”
- AoB 2024 Chapter 6, “Four to Fourteen Days: Milk!”
- AoB 2024 Chapter 7, “Two to Six Weeks: Finding Your Way”
- AoB 2024 Chapter 8, “Six Weeks to Four Months: Hitting Your Stride”
- LLLI website, “Breastfeeding Info A To Z,”

**Preparing:** <https://www.llli.org/breastfeeding-info/preparing/>

**Tips:** <https://www.llli.org/breastfeeding-info/tips/>

### Infant reflexes and sucking

- AoB 2024 index: Reflexes, sucking
- LLLI website, “Breastfeeding Info A To Z,” **Frequency of Feeding:** <https://www.llli.org/breastfeeding-info/frequency-feeding-frequently-asked-questions-faqs/>

### Maternal nutrition, health, and environment

- AoB 2024 index: Nutrition (mothers' needs), milk production (mothers' diet), smoking, tobacco use
- LLLI website, “Breastfeeding Info A To Z,”

**Vitamin D—Your Baby, and You:**

<https://www.llli.org/breastfeeding-info/vitamin-d/>

**Contaminants:**

<https://www.llli.org/breastfeeding-info/contaminants/>

**Tobacco, Smoking and Breastfeeding:** <https://www.llli.org/breastfeeding-info/smoking-and-breastfeeding/>

### Positioning and attaching a baby at the breast

- AoB 2024 Chapter 4, “Latching and Attaching”
- LLLI website, “Breastfeeding Info A to Z,” **Positioning:**
  - <https://www.llli.org/breastfeeding-info/positioning/>

### Signs baby is getting enough milk

- AoB 2024 Chapter 5, “The First Few Days: Hello Baby . . . ;”
- LLLI website, “Breastfeeding Info A to Z, Amount of Milk, “**Is my baby getting enough milk?”:**
  - <https://www.llli.org/breastfeeding-info/is-baby-getting-enough/>

Occasionally a mother will be concerned that her baby is gaining weight too quickly:

- AoB 2024 index: Weight gain (baby)

## **Separations**

- AoB 2024 index: Separations, working parents, pumping, bottle feeding, maternity leave
- AoB 2024 Chapter 14, “When You’re Away from Your Baby”
- AoB 2024 Chapter 15, “Milk to Go”
- LLLI website, “Breastfeeding Info A to Z,”

**Expressing Milk:** <https://www.llli.org/breastfeeding-info/pumping-milk/>

**Hand Expressing:** <https://llli.org/breastfeeding-info/hand-expressing/>

**Storing Human Milk:** <https://www.llli.org/breastfeeding-info/storingmilk/>

## **Solid food: baby’s readiness**

- AoB 2024 Chapter 13, “Beginning Family foods”
- LLLI website, “Breastfeeding Info A to Z,” **Starting Solids:**
  - <https://www.llli.org/breastfeeding-info/starting-solids/>

## **Weaning from the breast**

- AoB 2024 Chapter 16, “Everybody Weans”
- LLLI website, “Breastfeeding Info A to Z,” **Weaning:**
  - For medical reasons - <https://www.llli.org/breastfeeding-info/weaning/>
  - How to - <https://www.llli.org/breastfeeding-info/weaning-how-to/>
  - I want to - <https://www.llli.org/breastfeeding-info/weaning-i-want-to/>
  - Unexpected - <https://www.llli.org/breastfeeding-info/weaning-unexpected/>

## **D. Study Questions**

1. How often, on average, do newborns need to nurse? About how many times in 24 hours?
2. Explain the difference between foremilk and hindmilk.
3. What is the rooting reflex and how does it affect breastfeeding?
4. Why is it important for a mother or parent to hear or see their baby swallowing?
5. How can someone who is breastfeeding know that their baby is latching on and sucking well?
6. What kind of a diet does a breastfeeding mother need?
7. How can a breastfeeding mother determine how much liquid intake she requires? Is any particular liquid, such as milk, required? Why or why not?
8. What are the basics of proper positioning? What can signal a possible positioning problem?
9. Describe how to help get a baby latched on effectively.
10. What are some signs that a baby is not getting enough milk? What might you suggest?
11. How does colostrum help a baby pass meconium?
12. On average, when should a baby regain his birth weight?



13. How can early supplements interfere with breastfeeding? How can a Leader help a mother or parent reduce or eliminate them?
14. What suggestions could you offer about introducing a bottle?
15. What factors determine the number of times needed to pump while away from home?
16. Hand expression may be more acceptable than mechanical pumps to some mothers. How would you describe the steps of hand expression?
17. What is important to share with someone who plans to express and store milk for their baby?
18. For how long is human milk the appropriate primary food for an infant?
19. How does a breastfed baby indicate readiness for family foods?
20. While not every baby accepts new foods in the same order, what might you suggest as a first food? What food group might follow? Why?
21. When a baby begins eating family foods, how might the parents introduce a new food and why?
22. Describe natural weaning and its advantages.
23. If a mother chooses to wean, describe a plan if time is not an issue.
24. Discuss a few situations where someone has been told to wean their infant. What suggestions might you offer in each situation?
25. If abrupt and/or temporary weaning is required, what consequences can a mother or lactating parent expect? What suggestions might we offer to help cope with them?

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## **Part E: Common Concerns**

- AoB 2024 Chapter 18, “Tech Support”
- LLLI website, “Breastfeeding Info A to Z” <https://www.llli.org/breastfeeding-info/>

### **Allergies**

- AoB 2024 index: Allergies, food or food allergies
- LLLI website, “Breastfeeding Info A to Z,” **Food Allergies and Breastfeeding:**
  - <https://www.llli.org/breastfeeding-info/allergies/>

### **Breast refusal in the early days**

- AoB 2024 index: Nipple shields, refusing to nurse
- LLLI website, “Breastfeeding Info A to Z,” **Back to Breast:**  
<https://www.llli.org/breastfeeding-info/back-to-breast/>

### **Encouraging the milk ejection reflex (letdown)**

- AoB 2024 index: Milk ejection reflex (letdown, milk release)

### **Engorgement**

- AoB 2024 index: Engorgement
- LLLI website, “Breastfeeding Info A to Z,” **Engorgement:**

<https://www.llli.org/breastfeeding-info/engorgement/>

### Flat or inverted nipples

- AoB 2024 index: Flat nipples, inverted nipples, nipple shields
- LLLI website, “Breastfeeding Info A to Z”
  - **Inverted and Flat Nipples:** <https://www.llli.org/breastfeeding-info/inverted-flat-nipples/>

### “High need” babies/colicky babies

- AoB 2024 index: Colic, six weeks to four months: sensitive babies

### Jaundice in healthy newborns

- AoB 2024 index: Jaundice (hyperbilirubinemia)
- LLLI website, “Breastfeeding Info A to Z”
  - **Jaundice:** <https://www.llli.org/breastfeeding-info/jaundice/>
  - See Jaundice under Part G: Breastfeeding Challenges

### Nighttime nursing

- AoB 2024 Sleeping, Safe Sleep Seven guidelines, Chapter 12, “Sleeping Like a Baby”
- LLLI website, “Breastfeeding Info A to Z,” **Sleep:**
  - **BEDSHARE** Should I sleep with my baby? <https://www.llli.org/breastfeeding-info/sleep-bedshare/>
  - **SAFE SLEEP** <https://www.llli.org/breastfeeding-info/safe-sleep-breastfeeding-babies/>
  - **SAFE SURFACE CHECKLIST** <https://www.llli.org/breastfeeding-info/sleep-safe-surface-checklist/>

### Nipple/suck confusion

- LLLI website, “Breastfeeding Info A to Z,” **Nipple Confusion:** <https://www.llli.org/breastfeeding-info/nipple-confusion/>

### Nursing strike

- AoB 2024 index: Nursing strikes
- LLLI website, “Breastfeeding Info A to Z,” **Nursing Strikes:**
  - <https://www.llli.org/breastfeeding-info/nursing-strikes/>

### Signs baby is not getting enough milk

- AoB 2024 Low supply, Chapter 5, “The First Few Days: Hello, Baby . . . ;” Chapter 18, “Tech Support”
- LLLI website, “Breastfeeding Info A to Z,” Amount of Milk, “**Is my baby getting enough milk?**”
  - <https://www.llli.org/breastfeeding-info/is-baby-getting-enough/>
- Diana West’s website: [www.lowmilksupply.org](http://www.lowmilksupply.org)

### Sleepy newborn

- AoB 2024: Chapter 5, “The First Few Days; Hello Baby”

### Sore breasts

- AoB 2024 Chapter 18, “Tech Support”
- LLLI website, “Breastfeeding Info A to Z,” **Mastitis**:
  - <https://www.llli.org/breastfeeding-info/mastitis/>

### Sore nipples; thrush

- AoB 2024 Thrush, Candida, Chapter 18, “Tech Support”
- LLLI website, “Breastfeeding Info A to Z,” **Thrush**: <https://www.llli.org/breastfeeding-info/thrush/>

### Too much milk

- AoB 2024 index: Oversupply
- LLLI website, “Breastfeeding Info A to Z,” **Oversupply**:
  - <https://www.llli.org/breastfeeding-info/oversupply/>

### When supplemental feeds interfere with breastfeeding

Mothers of young babies are sometimes advised to give **supplements** of water or artificial baby milk (formula) in addition to breastfeeding.

- AoB 2024 index: Supplementation
- LLLI website, “Breastfeeding Info A to Z,”

Amount of Milk, “**Is my baby getting enough milk?**”

<https://www.llli.org/breastfeeding-info/is-baby-getting-enough/>

**Colostrum: General** <https://www.llli.org/breastfeeding-info/colostrum-general>

**Nipple Confusion** <https://www.llli.org/breastfeeding-info/nipple-confusion/>

## E. Study Questions

1. What are some typical symptoms of allergies in a breastfed baby?
2. What are some suggestions for a mother to try if she suspects an allergic reaction?
3. How long does it typically take for a suspected allergen to be eliminated?
4. Name three signs of the milk-ejection reflex (let-down).
5. How can a lactating parent encourage the milk-ejection reflex?
6. What is engorgement? How can it be prevented or treated?
7. What breastfeeding problems may occur with flat nipples? with inverted nipples? How can these be overcome before/after the baby is born?
8. When might a nipple shield be suggested? What does someone using it need to know?
9. What is thought to contribute to physiologic jaundice in a breastfed infant? What can help the baby eliminate bilirubin?
10. Discuss phototherapy and the side effects bili-lights may have on a baby.
11. What suggestions might a Leader make about nighttime nursing?
12. What suggestions can a Leader make to help a mother or parent encourage their baby back to the breast after their baby has become used to bottles?

13. What is a nursing strike and what suggestions can a Leader make to help someone in this situation?
14. What is slow/low weight gain? List some possible reasons for slow/low weight gain and the actions that can be taken to help the baby gain weight. What is failure-to-thrive?
15. How can someone who is breastfeeding or chestfeeding increase their milk supply?
16. What is breast compression, and how does it work?
17. What are some ways to rouse a sleepy newborn?
18. What is mastitis and how can it be managed?
19. Name some possible causes of sore nipples and suggest possible solutions.
20. What are some sucking problems that could cause sore nipples?
21. What are some things to do to hasten healing of sore, cracked nipples?
22. How could teething affect a mother's nipples? What could you suggest to help minimize this?
23. List the symptoms of a yeast infection for mother/parent and baby. How will this affect breastfeeding? What are common treatments for thrush?
24. What are some of the predisposing conditions for a mother or baby who has thrush?
25. Some babies have problems coping with milk flow. What strategies would you suggest for a fast milk flow?
26. How can supplements affect milk supply? What strategies will help return to exclusive breastfeeding?

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## **Part F: Beyond the Normal Course of Breastfeeding**

Sometimes mothers or parents contact LLL with a very specific question about a breastfeeding challenge requiring specific information and support. Knowing where and how to access relevant information is crucial. *The Art of Breastfeeding* contains information about many breastfeeding challenges; if this information is not enough, you will need to know where to look next or whom to ask for the information you need.

### **Published resources (optional for Leaders)**

If you own a copy of *Breastfeeding Answers*, 2nd ed. (2020) by Nancy Mohrbacher, or another more technical resource, such as the most current edition of *Medications and Mothers' Milk* by Thomas Hale, these may provide the answers to specific questions. Sometimes it is enough to look up the relevant section of *Breastfeeding Answers*, for instance, reading aloud the text on this topic. An example is if there is blood in the milk. *The Art of Breastfeeding* does not have an entry about this in the index, but *Breastfeeding Answers* gives detailed information about it ("Blood in milk" is in the index), which can inform a mother who may be anxious about it.

### **Medical questions**

You can refer a question pertaining to a medical condition, either of the mother/parent or the baby, to

the Professional Liaison Department (PLD).

## **Handling challenging breastfeeding questions**

In certain situations, it becomes clear that more information is needed. If that is the case, you can say that you don't know the answer to the question. In fact, it is important to admit this. Mothers and parents will respect your honesty and appreciate your help with accessing accurate information.

So what can you do? Adapt the list below, depending on the urgency of the situation and the resources available to you:

- Explain that you would like to find out more information.
- Make sure you have the person's contact details in your Leader's Log; this could include an email address.
- Arrange to contact the person within a reasonable time period, depending on the urgency of the situation.
- Refer to the LLL publications you own or have access to.
- Check out "Breastfeeding Info A to Z" on the LLLI website at: <https://www.llli.org/breastfeeding-info/>
- See "Online resources", Part A: "[LLL and non-LLL Resources](#)".
- Contact a Leader to get a second opinion, respecting the confidentiality of personal information.
- Contact a Professional Liaison Leader.
- Refer the mother or parent to local support from a health professional or breastfeeding drop-in, if available in your area, or to a lactation consultant.

Be sure that you record in the Leader's Log the details of the call, the information offered, and further lines of support suggested.

Sometimes the mother will request a face-to-face visit, or you may want to suggest this as something for the mother to consider. You may not be comfortable doing this, or are unable to visit the mother or parent or have them come to you. If this is the case, you can suggest that they see a local healthcare provider or International Board Certified Lactation Consultant (IBCLC), if there is one in the area. Lactation consultants often provide home visits for a fee. Talk to your supporting Leader about how to refer someone to an IBCLC.

## **Medical implications**

The *Leader's Handbook* refers to "healthcare providers," which can include doctors, midwives, pediatricians, or any other health professionals involved in caring for the mother/parent and baby. Read "Contacting the Professional Liaison (PL) Leader" and "Completing a Medical Questionnaire" in Chapter 4 - Using LLL Resources in *Leader's Handbook* to gain confidence in handling questions relating to the following:

- When the Leader's suggestions differ from the healthcare provider's advice
- Handling medically related breastfeeding questions
- The art of sharing information without giving medical advice
- Helping a mother or parent to work with a healthcare provider
- Questions about medications while breastfeeding

## F. Study Questions

1. What resources are available to Leaders when helping in situations beyond the normal course of breastfeeding?
2. What can you do when you need more information to answer a helping question?

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## Part G: Breastfeeding Challenges

*The Art of Breastfeeding*, Chapter 18, “Tech Support” provides useful background information on many of the topics in this section. If you need information beyond *The Art of Breastfeeding*, consult the Professional Liaison Department (PLD). Make use of the most up-to-date references available to you. Another source of information is the LLLI website “Breastfeeding Info A to Z” at <https://www.llli.org/breastfeeding-info/> which provides links to relevant information.

### Adopted baby: relactation or induced lactation

- AoB 2024 index: Adoption, relactation, induced lactation
- LLLI website, “Breastfeeding Info A to Z,”

**Breastfeeding An Adopted Baby:** <https://www.llli.org/breastfeeding-info/adoption/>

**Relactation:** <https://www.llli.org/breastfeeding-info/relactation/>

**Breastfeeding without Giving Birth:** <https://www.llli.org/breastfeeding-without-giving-birth-2/>

### Babies born with special needs

- **Cleft lip/palate** AoB 2024 index: Cleft lip or palate; LLLI website: <https://llli.org/news/born-with-a-cleft-palate/>
- **Down syndrome** AoB 2024 index: Down syndrome
- LLLI website, “Breastfeeding Info A to Z,”
  - **Special Needs:** <https://www.llli.org/breastfeeding-info/special-needs/>
  - **Resiliency Comes in All Sizes: Breastfeeding a Baby with Down Syndrome, Part 1:** <https://www.llli.org/resiliency-comes-in-all-sizes-breastfeeding-a-baby-with-down-syndrome/>
  - **Resiliency Comes in All Sizes: Breastfeeding a Baby with Down Syndrome, Part 2:** <https://www.llli.org/resiliency-comes-in-all-sizes-breastfeeding-a-baby-with-down-syndrome-part-2-of-2/>
  - **Joys and Challenges of Parenting a Daughter with Down Syndrome:** <https://www.llli.org/joys-and-challenges-of-parenting-a-daughter-with-down-syndrome/>

### Breastfeeding multiples

- AoB 2024 index: Multiple births

### Diabetes and breastfeeding

- AoB 2024 index: Diabetes

### Dysphoric Milk Ejection Reflex (D-MER)

- AoB 2024 index: Dysphoric Milk Ejection Reflex (D-MER)

- LLLI website, “Breastfeeding Info A to Z”

## **Emergencies**

- AoB 2024 index: Emergency situations
- LLLI website, “Breastfeeding Info A to Z,”
  - **Infant Feeding in Emergencies** (Multilingual): <https://llli.org/breastfeeding-info/infant-feeding-emergencies-multilingual/>
  - **Eight Strategies for Breastfeeding During a Natural Disaster:** <https://llli.org/news/eight-strategies-for-breastfeeding-during-a-natural-disaster/>

## **Hospitalization of mother or baby**

- AoB 2024 index: Hospitalizations
- LLLI website, “Breastfeeding Info A to Z”
  - Anesthesia - My baby is having surgery:** <https://www.llli.org/breastfeeding-info/anesthesia/>
  - Anesthesia - I am having surgery:** <https://www.llli.org/breastfeeding-info/surgery-and-breastfeeding/>
  - Pumping Milk:** <https://www.llli.org/breastfeeding-info/pumping-milk/>

## **Insufficient Glandular Tissue**

- AoB 2024 index: Hypoplasia (insufficient breast tissue)
- LLLI website “Breastfeeding Info A to Z,”
  - Insufficient Glandular Tissue (IGT):** <https://llli.org/news/insufficient-glandular-tissue-2/>
  - Hypoplasia:** <https://llli.org/breastfeeding-info/hypoplasia/>

## **Jaundice**

Newborn jaundice is a common concern; however, **jaundice** which continues beyond the first few days, or which appears to threaten the continuation of breastfeeding, can be regarded as beyond the normal course of breastfeeding and requires additional knowledge.

- AoB 2024 index: jaundice (hyperbilirubinemia)
- LLLI website, “Breastfeeding Info A to Z”
  - Jaundice:** <https://llli.org/breastfeeding-info/jaundice/>

## **Postpartum depression (PPD)/postnatal depression (PND)**

- AoB 2024 index: Postpartum depression, postpartum mood disorders, postpartum psychosis, post-traumatic stress disorder (PTSD)
- LLLI website “Breastfeeding Info A to Z,” **Postpartum Mood Disorders:**
  - <https://www.llli.org/breastfeeding-info/postpartum-mood-disorders/>

## **Premature baby**

- LLLI website “Breastfeeding Info A to Z,”
  - Breastfeeding:** <https://www.llli.org/breastfeeding-info/premies-breastfeeding/>
  - Kangaroo Care and Skin-to-Skin Contact:**



<https://www.llli.org/breastfeeding-info/premies-kangaroo-care-skin-skin-contact/>

**Positioning:** <https://www.llli.org/breastfeeding-info/premies-positioning/>

**Pumping:** <https://www.llli.org/breastfeeding-info/premies-pumping/>

- AoB 2024 index: Preterm/premature babies

### **Pumping milk for the baby**

- AoB 2024 Chapter 15, “Milk to Go”
- LLLI website, “Breastfeeding Info A to Z,” **Pumping Milk:**
  - <https://www.llli.org/breastfeeding-info/pumping-milk/>

### **Reflux**

- AoB 2024 index: Reflux
- LLLI website, “Breastfeeding Info A to Z,” **Reflux:** <https://www.llli.org/breastfeeding-info/reflux/>

### **Tongue and Lip Ties**

- AoB 2024 index: Tongue tie
- LLLI website, “Breastfeeding Info A to Z,” **Tongue and Lip Ties:** <https://llli.org/breastfeeding-info/tongue-lip-ties/>

### **Transgender and Non-binary Parents**

- AoB 2024 index: trans/transgender parents, LGBTQIA+ families
- LLLI website, “Breastfeeding Info A to Z,” “**Support for Transgender and Non-binary Parents:** <https://llli.org/breastfeeding-info/transgender-non-binary-parents/>

## **G. Study Questions**

1. What can you tell someone planning to induce lactation for an adopted baby?
2. What is the difference between relactation and induced lactation?
3. What are some feelings mothers might be dealing with in special situations? How can we help?
4. What are some suggestions for someone who has given birth to twins?
5. What information about breastfeeding would be helpful to a mother with diabetes?
6. What is the dysphoric milk ejection reflex (D-mer)?
7. What are important strategies for helping breastfeeding mothers in an emergency?
8. How can you help someone facing hospitalization for themselves or their baby?
9. What are some suggestions for increasing the milk supply?
10. Under what circumstances is jaundice of more serious concern than normal physiologic jaundice?
11. What are some symptoms of postpartum depression? How can a Leader help?
12. How can you assist the mother or lactating parent who is pumping for a premature baby? When is



it best to begin pumping and how often?

13. What can be expected in a premature baby's first few feedings at the breast?
14. Give some ideas for easing the homecoming of mother and baby in special situations.
15. Name some strategies that could be helpful for a baby with reflux disease.
16. What would you do if you were asked to assess a possible tongue tie?
17. How would you discuss questions about milk supply with a transgender father?