

## Chapter 5 Situation Quiz Answers

### Situation #1

The correct answer is c: continue breastfeeding in order to give the baby the antibodies that are in the breastmilk.

The virus or virus particles may be in the breastmilk, but the baby has already been exposed to the illness before mom even knows she is sick. The baby benefits from continuing to breastfeed because the breastmilk contains specific maternal antibodies to the virus that mom's body has made in response to the illness. Temporarily stopping breastfeeding or pumping & dumping will not prevent exposure to the illness, as it has already happened.

### Situation #2

The correct answer is c: *take immunizations and continue breastfeeding as usual.*

Breastfeeding can continue without harm to the nursing infant. No evidence exists to support exempting lactating women from being immunized.

### Situation #3

The correct answer is b: *nurse exclusively for 3-4 weeks, then begin pumping and giving a bottle once a day.*

The first week is too early to start pumping. Mom needs to get breastfeeding off to a good start by stimulating lactogenesis with exclusive breastfeeding. However, waiting until 6 weeks to offer a bottle misses what clinical experience has shown to be the "window of opportunity." Starting at 3-4 weeks, the baby should be given one bottle a day with 1-2 ounces of pumped breastmilk. Most mothers find the most productive time of the day to pump is early morning rather than late evening when milk production is lowest. If it happens that the baby wants to nurse right after mom has pumped, she should go ahead and nurse. The body will respond with milk. Some moms prefer to pump one side while nursing on the other.

At about 10 days before returning to work, the mom should begin gradually transitioning the baby to the kind of feeding schedule that she will have after returning to work - gradually replacing breastfeeding with pumping and breastmilk by bottle. If she doesn't plan to pump at work, she should slowly eliminate a nursing, substituting formula and allowing the breast to remain full. The fullness will signal the body to gradually turn down the supply during the workday. Ideally, she would continue to nurse during the evening and night.

Many strategies exist for continuing breastfeeding. The ideal is pumping mid-morning, noon, and mid-afternoon, and nursing when with the baby. However, mothers have also been successful with "reverse cycle nursing" - nursing only in the evening and at night and giving formula at daycare. The most important point is that there are many ways to manage breastfeeding while working.

#### **Situation #4**

The correct answer is b: *use ice packs and avoid pumping or nursing.*

Binding the breasts increases the risk of mastitis or plugged duct. The estrogen in combination oral contraceptives will decrease milk supply but pumping will stimulate milk production. Ice packs, on the other hand, will decrease the milk and the pain. Antihistamines such as Benadryl may also be helpful to further reduce the milk supply.

#### **Situation #5**

The correct answer is c: *recommend an iron supplement, according to the same protocol as for any anemic postpartum woman.*

The amount of iron transferred to the breastmilk from the mother is small (0.3mg/day). A lactating woman who is taking an oral iron supplement is no cause for pediatric concern for the infant. An anemic mother needs the iron for her own good health and well-being.

#### **Situation #6**

The correct answer is a: *these practices do not adversely affect breastfeeding.*

Hair dyes are not absorbed into the body and do not affect breastfeeding. Although, tanning and nipple piercing may have other associated health risks, neither is harmful to breastfeeding. The nipple ring must be removed before nursing to avoid any risk of the infant swallowing the ring. Breastmilk may leak through the opening left by the ring, but this is not harmful.

#### **Situation #7**

The correct answer is c: *if there are no pregnancy complications, the mother is healthy and the toddler's diet and growth are adequate, support the mother in continuing to nurse as long as the mother desires.*

The mother's body is accustomed to the toddler's nursing. Continuing to nurse during pregnancy does not appear to stimulate pre-term labor in healthy pregnant women. Sudden weaning is not necessary and could cause the mother to become engorged. The WIC CPA's role is to ensure that the mother and the toddler are well nourished. The mother should be referred to a nutritionist for an individualized diet plan that provides adequate calories and nutrients to support appropriate weight gain for pregnancy. If there are no pregnancy complications and mother and toddler are healthy, support should be given to continue nursing as long as the mother desires.

### **Situation #8**

The correct answer is b: *advise the mother to increase physical activity, control portion sizes, and maintain at least an 1800-calories intake per day.*

An intake of 1200 calories is too restrictive for a breastfeeding woman and will result in excessive weight loss, inadequate nutrient intake, and a possible decrease in milk volume. Slim Fast contains approximately 250 calories. Even two Slim Fast drinks plus a meal do not provide enough calories. The minimum amount of calories required for breastfeeding moms is 1800. By increasing physical activity and controlling portion sizes, most moms will lose weight while consuming at least 1800 calories.