

Transcript of Media Clips for Virtual breastfeeding support

Clips with Brianna Jochman (jock-um), nurse and clinical lactation counselor, OSF OnCall

An improper latch is a common problem with new breastfeeding moms.

“We really do try to troubleshoot that latch.” Jochman adds, “First, make sure we’ve got a good deep latch and then if mom is still struggling, we will recommend coconut oil, olive oil, any oil-based product that you can lubricate with. We always want to lubricate before pumping and after breastfeeding.” (:18)

A common mistake is not positioning the baby correctly.

“You want to keep their chin up and you want to get that deep latch. You don’t want to nipple feed and have a superficial latch. Wait until baby gets that open mouth and place baby on as deep as you can.” (:13)

Save using the pacifier for about two weeks to help establish a feeding routine while moms are still establishing their milk supply.

Jochman stresses, “We want to make sure in those early days that moms are watching closely for those hunger cues from babies and not getting it confused with comforting them. So, we want them to get that cluster feeding accomplished, get their supply in and then you can introduce that pacifier.” (:17)

If a partner or family member wants to give a baby a bottle in the early weeks to give new moms a break, Jochman says there are other ways to support a breastfeeding mother.

“Helping the moms with meals and filling her water or changing baby’s diaper; just little things that really add up to a lot – making sure that mom is well nourished and getting breaks in between feeds so taking baby to another room, taking baby on a walk even.” (:16)