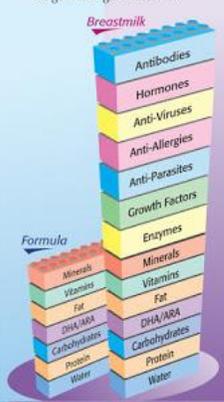


Breastmilk has more of the good things babies need



# Breast is Best!

Fall 2016

Breastfeeding Newsletter

Oconto County WIC

## Breastfeeding Twice As Likely After Home Birth Than Hospital Births

A study by academics in Trinity College Dublin has found a strong positive relationship between planned birth at home and breastfeeding; breastfeeding was twice as likely. The study from Trinity's Department of Public Health and Primary Care included over 17,500 women from the UK Millennium Cohort Study and 10,500 women from the "Growing Up in Ireland" study.

This study found:

- Home birth is significantly associated with breastfeeding immediately after birth and with continued breastfeeding during the first 6 months.

Based on the collected data and on an analysis of factors surrounding home and hospital based birth, the study's researchers suggest a number of potential reasons for the stronger association between breastfeeding and home birth:

- In a home birth, care is typically midwife-led as opposed to physician-led. In contrast, multiple health professionals are involved in care following hospital birth, potentially providing unpredictable and inconsistent input.
- The non-clinical setting of a home birth can facilitate immediate and prolonged skin to skin contact post-partum, which is widely considered to have a positive effect on the initiation of breastfeeding and moth infant bonding.
- Interventions at delivery that occur more frequently during labor in hospital may be stressful, and stress during the birth has been linked to stalled breastfeeding. Hospital births are also associated with greater usage of pain-relieving medications, which can cause lethargy in the infant and delay milk production in the mother.
- It has been shown that formula supplementation in the early postnatal period reduces the likelihood of subsequent exclusive breastfeeding and overall duration of breastfeeding. Hospital births have been associated with formula supplementation.

Principal researcher of this study, Dr. Lina Zgaga, said "The key question that this work raises is: "When breastfeeding is so strongly recommended across the board by the medical profession, what causes lower rates of breastfeeding following hospital births? Hopefully this research can help us learn from the home birth model and identify the changes that could be implemented in standard hospital-based perinatal care to encourage and facilitate breastfeeding."

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## Support Groups for Breastfeeding

- Breastfeeding Moms of Green Bay
- Breastfeeding Mom Support
- The Big Latch on Green Bay Wisconsin
- Project Support: Breastfeeding Advocacy in Green Bay WI

## Breastfeeding App for Phones

Collective

**Breastfeeding Bridge Mom/Baby Group** (1 hour class) Bellin – Green Bay

Cost: FREE

Join other moms and their babies “bridge the gap” on the breastfeeding journey. Join us to get a free baby weight check, to have your questions answered by a Lactation Consultant and share experiences and support with other breastfeeding moms. No registration is required and there is no fee to attend. The group meets at 2020 S. Webster, Green Bay on the first Thursday from 6-7pm and on the third Tuesday from 11:00am -noon. All moms and babies are welcome to attend.

St. Vincent in Green Bay also has Breastfeeding classes FREE of charge. See their website for specific class options and to register

This institution is an equal opportunity provider.