

- Tell mom to avoid nipple confusion in the newborn by not offering supplemental formula, pacifier, or soothers until breastfeeding has established typically 2 to 3 weeks. Supplementation can be provided using a small feeding or syringe feeding, if needed. When supplementation is deemed necessary, giving the baby expressed breast milk is best.
 - Tell mom to always place newborn on his back after feeding
 - Promote rooming in efforts
 - Offer referral to breastfeeding support groups
 - Contact lactation consultant to offer recommendations/support
 - Herbal products such as fenugreek or blessed thistle, and prescription meds, such as metoclopramide have been reported to increase breast milk production. There is insufficient data to confirm or deny their effect on lactation. Moms should check w/ provider before taking OTC or prescription meds.
- Phases of maternal adaptation to parenthood and bonding and attachment (pg 125-129 ATI)
 - Psychosocial and maternal adaptation
 - This begins during pregnancy as the client goes through commitment, attachment, and preparation for the birth of the newborn
 - During the first 2-6 weeks after birth, the client goes through a period of acquaintance with her newborn, as well as physical restoration. During this time she also focuses on competently caring for her newborn
 - Finally, the act of achieving maternal identity is accomplished around 4 months following birth
 - These stages can overlap, and are variable based on maternal, infant, and the environmental factors
 - Phases of maternal role attainment
 - Dependent- taking in phase
 - First 24 to 48 hours
 - Focus on meeting personal needs
 - Rely on others for assistance
 - Excited, talkative
 - Need to review birth experience with others
 - Dependent-independent- taking hold phase
 - Begins on day 2 or 3
 - Lasts 10 days to several weeks
 - Focus on baby care and improving caregiving competency
 - Want to take charge but need acceptance from others
 - Want to learn and practice
 - Dealing with physical and emotional discomforts, can experience "baby blues"
 - Interdependent- letting-go phase
 - Focus on family as a unit
 - Resumption of role (intimate partner, individual)
 - Assessment
 - Include noting the client's condition after birth, observing the maternal adaptation process, assessing maternal emotional readiness to care for

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