

## Positioning and Latch Revisited

jackiglover@shaw.ca

JGlover 2009 ©

- ▶ Describe postural stability
- ▶ Identify how biological nurturing facilitates primitive newborn reflexes
- ▶ Identify how biological nurturing positions support postural stability
- ▶ Describe optimal positioning and attachment for successful breastfeeding

JGlover 2009 ©

## Importance of Correct Positioning and Latch

- effective milk ejection transfer
- more comfortable feeding
- less engorgement, mastitis, decreased milk supply over time and early weaning from insufficient milk intake, poor weight gain

JGlover 2009 ©

## Another look at positioning & latching

If breastfeeding is the normative method of infant feeding, why is it so difficult for some mothers and babies?

Mothers who experience problems with latch not only deal with the physical consequences but also with emotional consequences

What can make early breastfeeding experiences easier, more pleasurable and more effective?

JGlover 2009 ©

## Will consider:

- ▶ Baby's anatomy
- ▶ Baby's natural, instinctive abilities
- ▶ How to use positioning to support those abilities

JGlover 2009 ©

## Natural abilities

- ▶ Newborn reflexes are involuntary responses to stimuli
- ▶ Primarily studied with the baby separate from the mother
- ▶ Widstrom and colleagues looked at the newborns behavior in context with the mother

JGlover 2009 ©

## Breastfeeding happens

Babies Choice (Widstrom et al)

1. Initial period of inactivity
2. Hand to mouth movements
3. "low sucking" –flaccid movements of mouth and tongue
4. Gradual increase in sucking movements "high sucking" – distinct movements of mouth and tongue.
5. Initial low rooting behaviour gradually increasing
6. Looking towards the nipple
7. Crawling behaviour towards the nipple
8. Eliciting sounds
9. Self attachment to the breast

JClover 2009 ©

## Habitat determines behaviour

- ▶ The baby can satisfy its own needs for warmth, oxygen, protection and nutrition if in the right habitat

JClover 2009 ©

## Transition at birth

- ▶ High circulating catecholamines
- ▶ All senses heightened
- ▶ Ready to take in stimuli

JClover 2009 ©

## Making the transition at birth

Maternal-infant skin-to-skin contact essential for stable transition

- ▶ Stable temperature
- ▶ Stable blood sugar
- ↑ oxygen saturation
- ↓ heart rate
- ↓ WBC
- ↓ Crying
- ↓ Stress hormones

BREASTFEEDING HAPPENS

JClover 2009 ©

## Infant Neurobehavioral states

Hard crying  
Crying  
Fussing  
Active Alert  
Alert Inactive  
Quiet Alert  
Drowsy  
Active Sleep  
Quiet Sleep  
Deep sleep

not good for babies

apnea zone

90 minute cycles

MBSSC babies live here

Bergman presentation 2008

JClover 2009 ©

## A calm baby breastfeeds

Prone position promotes stability & calm

JClover 2009 ©

## Primitive neonatal reflexes

S. Colson (20018)

### A. Exogenous (cues)

- Hand to hand
- Mouth gape
- Tongue dart/lick
- Arm, leg cycle
- Finger flexion/extension

### B. Antigravity (finding)

- Head righting
- Head lifting
- Rooting

### C. Motor (finding)

- Palmar, plantar grasp
- Stepping, crawling
- Placing
- Babinski
- Hand/foot flex

### D. Rhythmic (sustaining)

- Suck
- Masseter - (jaw jerk)
- swallow

JGlover 2009 ©

## Biological Nurturing

### ▶ Biological Nurturing Position

- laying prone on mother's chest as mother reclines with body well supported
  - Longitudinal lie
  - Transverse lie
  - Oblique lie

### ▶ Supports expression of primitive newborn reflexes that facilitate self attachment

### ▶ Stimulates the release of oxytocin

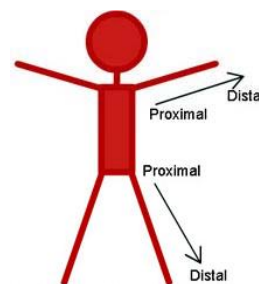
JGlover 2009 ©

## Positional Stability

A stable base is needed to help us express our reflexes and to control our movements

JGlover 2009 ©

## Proximal Stability



Proximal stability promotes distal stability

JGlover 2009 ©

## Midline Stability

Need to move muscles on both sides of body symmetrically

Head needs to be free to move and extend

Midline stability facilitates this

JGlover 2009 ©

## Stability & mother's position

- ▶ In a reclining posture, gravity supports postural and midline stability

JGlover 2009 ©

## Mother-lead or Baby-lead?

JGlover 2009 ©

## Points of consideration for positioning:

- ▶ Babies lead – mothers follow
- ▶ MBSSC
- ▶ Infant state
- ▶ Mother's comfort
- ▶ Baby well applied to mother's body
- ▶ Upright for feeding
- ▶ Head needs to move
- ▶ Breast support if needed
- ▶ Calm and wonder aid learning
- ▶ Mothers can assess their babies

JGlover 2009 ©

## Babies Lead – Mothers Follow

The baby knows how to find the breast, to attach and to breastfeed

Mother's role is to follow her baby's lead

### Mother Baby Skin to Skin Contact

- ▶ MBSSC is not just a nice thing to do – It is essential!
- ▶ Need to find ways to:
  - Raise consumer and health care professional awareness make this possible from birth

JGlover 2009 ©

## Infant state

- ▶ State stability is normal when babies in MBSSC
- ▶ Explore the meaning of behaviors in each state and the implications for breastfeeding
- ▶ newborns may breastfeed better in drowsy state (Colson, GOLD09)
- ▶ Crying is not a good state for breastfeeding

JGlover 2009 ©

## Mother's comfort

Everything works best in the comfort zone  
(put in the reference here)

Attend to post birthing pain

Consider positions that support the body and are comfortable

JGlover 2009 ©

**Baby well applied to mother's body**

**Baby upright for feeding**

**Baby's head can move & extend**

JGlover 2009 ©

## Breast support

## Calm & wonder support learning

## Mothers can assess breastfeeding

JGlover 2009 ©

## Breastfeeding is effective when:

- ▶ Mother is comfortable
- ▶ Mother follows baby's cues
- ▶ Mother expresses satisfaction
- ▶ Baby demonstrates a good seal & draw the at breast
- ▶ Baby demonstrated effective milk transfer
  - Swallowing
  - Age appropriate output and weight pattern
- ▶ No nipple compression & breast changes at the end of the feeding

JGlover 2009 ©

- ▶ Babies have the anatomy & reflex behavior to breastfeed
- ▶ Babies can express their natural instinctive abilities when in the right habitat
- ▶ Positional stability is important for effective expression of instinctive feeding reflexes
- ▶ A good place to start is MBSSC with baby prone
- ▶ There is more than one position to use for breastfeeding
- ▶ Mother follows babies lead
- ▶ The dance develops and matures

JGlover 2009 ©

“breastfeeding is an intimate dance choreographed by nature and culture that has been performed through the ages and is vital to the optimum health and well being of the mother and baby.” (Stuart-Macadam & Dettwyler, 1995)

Our job is to create the cultural conditions where nature's choreography is supported.

JGlover 2009 ©

## References

- Anderson, G. C., Moore, E., Hepworth, J. & Bergman, N. (2003). Early skin-to-skin contact for mothers and their healthy newborn infants. *Cochrane Database Syst Rev*, 2:CD003519.
- Bergman, N.J., Linley, L.L., and Fawcus, S.R.(2004). Randomized controlled trial of skin-to-skin contact from birth versus conventional incubator for physiological stabilization in 1200- to 2199-gram newborns. *Acta Paediatr*, 93:779-85.
- Blair, A., Coadwell, K. Turner-Maffei, C. and Brimdyr, K. (2003). The relationship between positioning, the breastfeeding dynamic, the latching process and pain in breastfeeding mothers with sore nipples. *Breastfeeding Review*, 11(2), 5-9.
- Cantrill, R., Creedy, D., Cooke, M. & Dykes, F. c. (2008). Influence maternal action and midwifery support on maternal breastfeeding confidence. ILCA 2008 Conference Proceedings.
- Colson, S. (2002). Womb to world: A metabolic perspective, *Midwifery Today*, 61, 12-17.
- Colson, S., Meek, J. & Hawdon, J.M.. (2008). Optimal positions for the release of primitive neonatal reflexes stimulating breastfeeding. *Early Human Development*, 84(7), 441-49.

JGlover 2009 ©

- Colson, S. (2009). *Biological nurturing: Laid-back breastfeeding*. NTSC (DVD).
- Dettwyler, K. & Stuart-Macadam, P. (1995). *Breastfeeding: Biocultural perspective*. New York: Aldine De Gruyer.
- Glover R. Lessons from Innate Feeding Abilities: Transforms Breastfeeding Outcomes. Conference Syllabus. ILCA 2004 Scottsdale Arizona USA.
- Glover, R. Follow me mum. The key to successful breastfeeding (dvd) <http://www.rebeccaglover.com.au/>
- Smilie, C. (2007). *Baby-lead breastfeeding: The mother-baby dance*. Geddes Productions Presents A Makelin Media Production. (DVD) available [www.geddesproduction.com](http://www.geddesproduction.com)
- Smilie, C. (2008). *WS8 - Baby-led breastfeeding; Practical applications*. ILCA Conference handout materials.
- Watson Genna, C. (2008). *Supporting sucking skills in breastfeeding infants*. Boston, Jones and Bartlett.
- Weimers, L., Svensson, K., Dumas, L., Lars, N. & Walhberg, V. (2006). Hands-on approach during breastfeeding support in a neonatal intensive care unit: a qualitative study of Swedish mothers' experiences. *International Breastfeeding Journal*, 1, 20.

JGlover 2009 ©