

Just 10 Steps

Breastfeeding
The Baby Friendly Way



TAUTOKO WHANGAI U ~ SUPPORTING WHĀNAU BREASTFEEDING WITH ADDICTIONS TASH WHARERAU

KO WAI MATOU??



Ma whero ma pango ka oti ai te mahi

With red and black the work will be complete

This refers to co-operation where if everyone does their part, the work will be complete. The colours refer to the traditional kowhaiwhai patterns on the inside of the meeting houses.

Acknowledgement throughout this presentation to all teams that we have gathered knowledge from to create this presentation, it is by strength, co-operation and consistency that we are able to fully support whānau in Aotearoa.

TE KORE, THE POTENTIALITY



- What does it mean to be a Hine Koopu?
- What can I expect?
- I have the right to be treated with respect.
- For myself, I will find a midwife I can trust, ask if I can't find anyone and change my midwife if I choose.
- Whatever my choice of action my whanau and I choose, we will be supported and loved with no judgement

TE PO, THE DARK UNKNOWN



- Te Po
- Addictions – Defined as an inability to stop doing or using something, especially something harmful.
- What can I expect? For staff to support and help my with my first feed
- To be encouraged to feed my baby whenever they show feeding signs or cues

TE KOPIPIRI – UNFOLDING THE SENSES



- Smoking and vaping, smoking and vaping outside away from pepi after feeding, have a smoking jacket, wash our hands and brush our teeth afterwards.

Kiri ki te Kiri - Skin to Skin

- What can I expect? To hold my baby against my skin soon after birth.
- To be able to room in with my pepi

Tēnei au, tō māmā e
Awhi-awhi mai –

Here am I, your mother
embracing
you

Quit or cut down >

Continue breastfeeding >

Keep smoke away from your
baby >

Timing feeds >

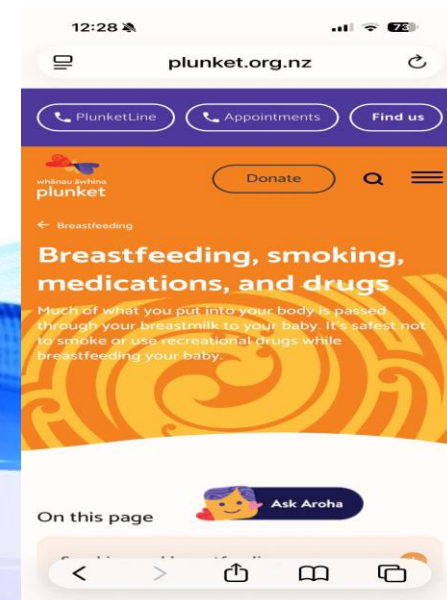
Monitor baby's health and
milk supply >

TE WHEI AO – TRANSITION OF THOUGHT

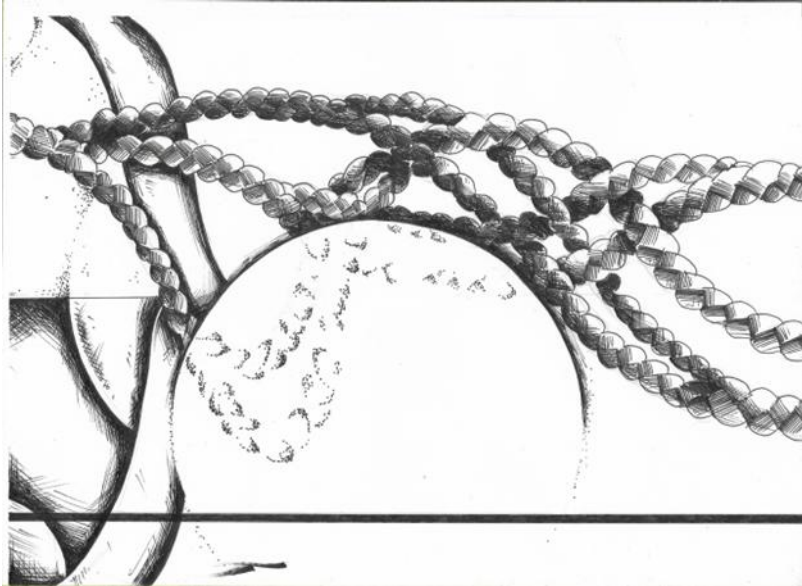


- Using Recreational Drugs: If you plan to take or have taken recreational drugs, have a plan to have your baby safely fed and cared for by a sober adult.
- The person caring for your baby can use expressed or donated breastmilk or formula while drugs are still in your system. Ask your GP, WCTO/Plunket nurse or midwife when it's safe to breastfeed again. (Plunket)
- What else can I expect? To be asked permission before feeding my baby with anything but breastmilk, this includes infant formula and donor milk.

Ki a koe tāku pēpe,
Tana i te wai - my baby
for your drink,



TE AO MARAMA – AHAA MOMENTS



- Alcohol: When you drink alcohol you easily absorb it into your breast milk – the level of alcohol in your breast milk is about the same as in your blood. If you're planning to drink alcohol, read about work out a feeding plan. The Feed Safe app (feedsafe.net) helps you to figure out when your breast milk will be free of alcohol. It's free to download. (HealthInfo)
- It is not recommended to bed share with pepi and any people who have been drinking or taking drugs.
- What I can expect? To be shown how to hand express and to remember my newborn pepi tummy is only the size of a marble
- That it is normal for my baby to be hungry and want to feed more often, and that the more I feed the more milk my body will make

He waiora te wai ū, Rere atu rā –
a nurturing breast milk
flowing free

Alcohol and breastfeeding: what you need to know

When you consume alcohol, it passes into your breast milk, and there are important considerations to keep in mind for your baby's health.

ALCOHOL CONSUMPTION

How does alcohol get into breast milk? >

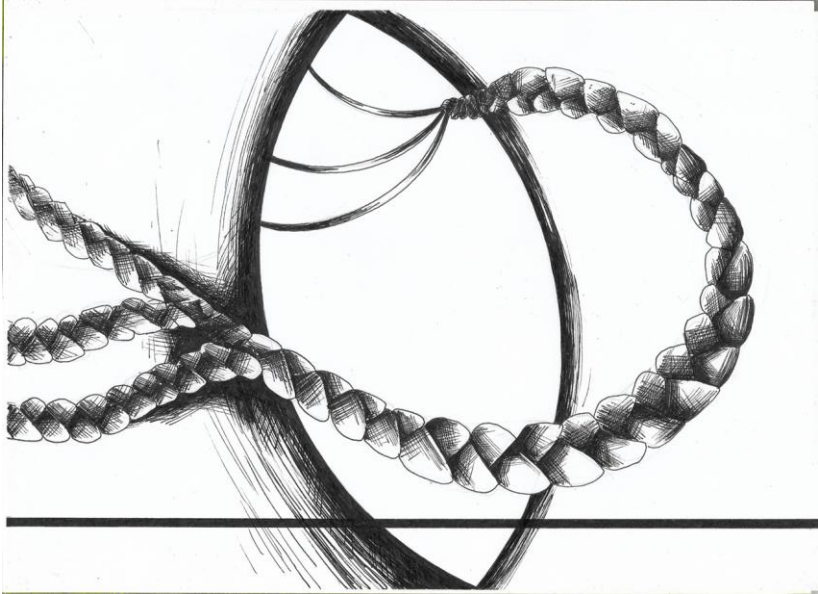
Things to consider >

LIGHT
Occasionally

MODERATE

The infographic features a central text box with a title and a paragraph. To the right is a diagram of a breast with arrows indicating alcohol entering the milk ducts. Below the text box are two green buttons with white text and right-pointing arrows. To the right of these buttons is a vertical bar with a green-to-yellow gradient, divided into two sections: 'LIGHT Occasionally' and 'MODERATE'.

TIHEWA MAURI ORA – ACTIONS & REFLECTIONS



- What can I expect? That I will be supported, informed and given options of prescribed medications that may interfere with our breastfeeding journey. The LactMed® database contains information on drugs and other chemicals to which breastfeeding mothers may be exposed. It includes information on the levels of such substances in breast milk and infant blood, and the possible adverse effects in the nursing infant. Suggested therapeutic alternatives to those drugs are provided, where appropriate.
 - That if my baby needs medical procedures that myself or someone in my whānau will be with me and/or my pepi at all times.
 - That I will be given a list of telephone numbers for services that can provide help and breastfeeding support after I leave hospital. WHA Website
- Ki a koe tāku pepe, Kaingia kia ora - for you my baby, fed so you will be well.

This oriori was produced in 2013 by the Whakawhetu organisation.

TĒNEI AU, TŌ MĀMĀ E
AWHI-AWHI MAI
KI A KOE TĀKU PĒPE
TANA I TE WAI
HE WAIORA TE WAI Ū
RERE ATU RĀ
KI A KOE TĀKU PEPE
KAINGIA KIA ORA.

HERE AM I, YOUR MOTHER
EMBRACING
YOU, MY BABY
FOR YOUR DRINK,
A NURTURING BREAST MILK
FLOWING OUT
TO YOU MY BABY
AND CONSUMED SO YOU
WILL BE WELL.

It is the birthright for all mokopuna to have the best start in life and therefore breastfeeding support services must be driven by the needs of Me and my Whānau.

NGĀ MIHI NUI XX

