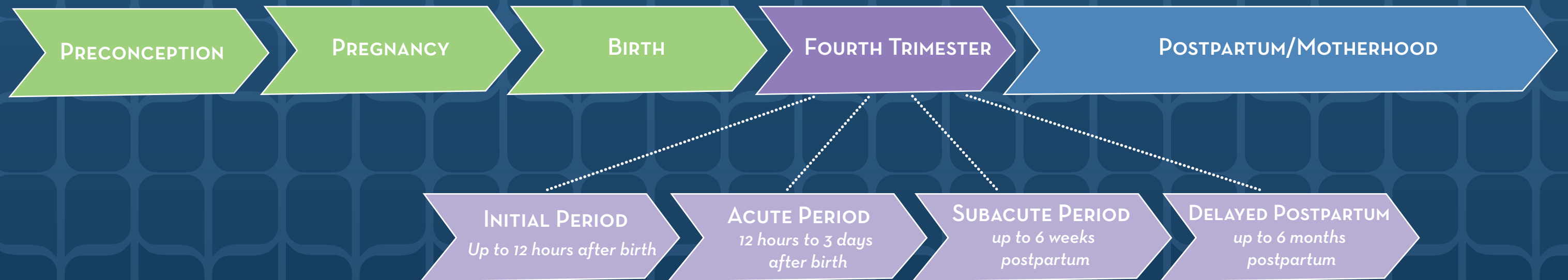
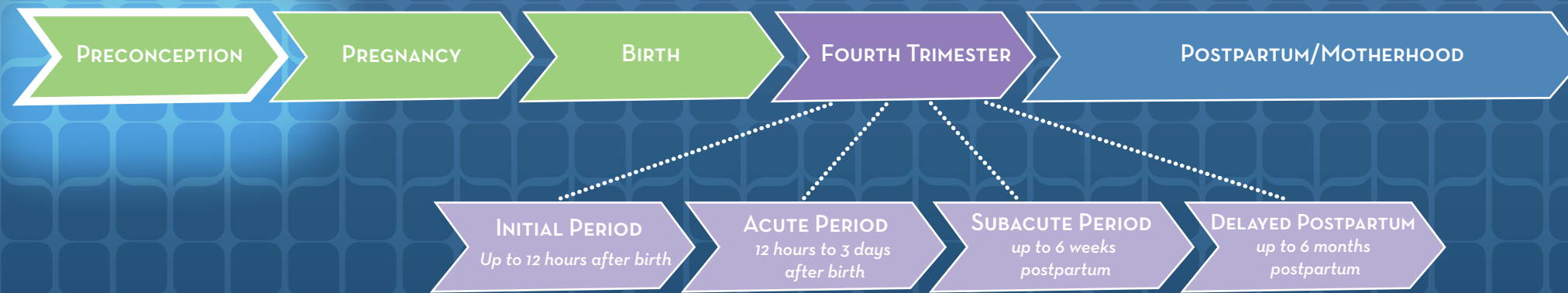


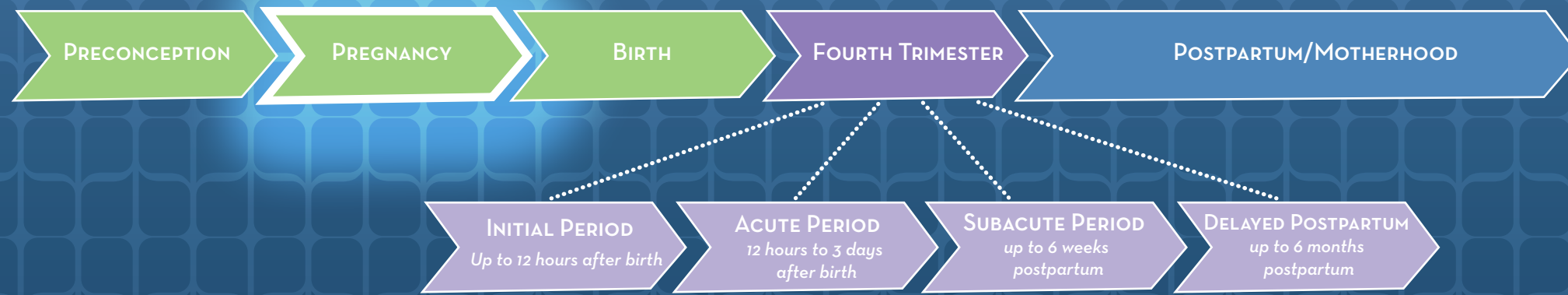
LEARNING ABOUT CHALLENGES & HELPING TO SUPPORT BREASTFEEDING (LATCH) TOOL





Preconception

Potential Risk Factors	Protective Factors	Questions to Ask	Potential Interventions	Client Notes & Next Steps
<ul style="list-style-type: none"> Lack of breastfeeding education and/or support Misinformation and myths around breastfeeding (e.g., perceived inconvenience, contraindications) Healthcare provider does not initiate breastfeeding conversation Previous negative experience(s) with breastfeeding Social and/or cultural disapproval Lack of support from partner, family, and/or social network Physical risk factors (breast reduction surgery, etc.) 	<ul style="list-style-type: none"> Support from healthcare provider(s) Positive social, cultural, and familial breastfeeding norms Previous positive experience(s) with breastfeeding Breastfeeding education (including benefits) 	<ul style="list-style-type: none"> Tell me about your infant feeding goals What have you heard about infant feeding? What good things have you heard about breastfeeding? What not so good things have you heard about breastfeeding? What thoughts do you have around feeding your infant? What concerns do you have about infant feeding? What appeals to you/interests you about breastfeeding? 	<ul style="list-style-type: none"> Provide targeted education to address questions and/or concerns and any additional information 	



Pregnancy

Potential Risk Factors

- Lack of breastfeeding education and/or support
- Fear or uncertainty about what to expect
- History of mental health challenges
- History of trauma
- Not meeting breastfeeding goals with a previous baby
- Concerns about time management

Protective Factors

- A support system (e.g., partner, family, friends)
- Healthcare provider(s) is supportive of breastfeeding
- Consistently attend prenatal appointments
- Has had or knows with a positive breastfeeding experience
- Access to positive messaging, information, etc.

Questions to Ask

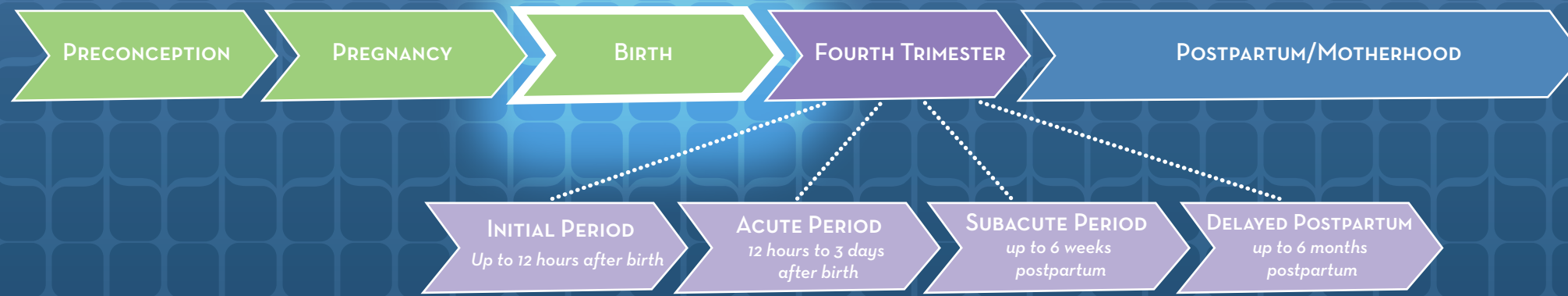
- How are you feeling in your body?
- What are your thoughts about breastfeeding?
- What are your plans for feeding your baby?
- If you know someone who is breastfeeding or has breastfed, tell me about their experience.
- What are your fears or concerns about breastfeeding?

Potential Interventions

- Provide educational material around benefits of breastfeeding for baby and mom
- Referral to certified lactation counselor and WIC
- Include feeding plans within birth plans

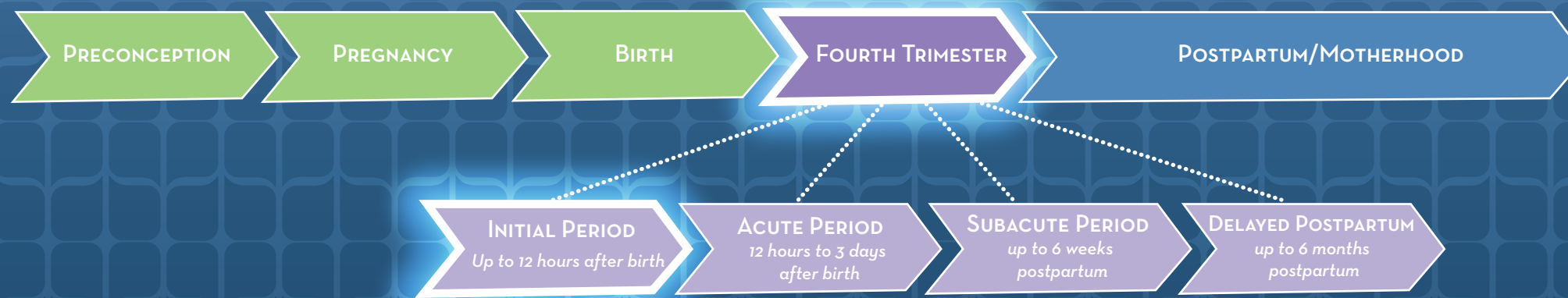
Client Notes & Next Steps

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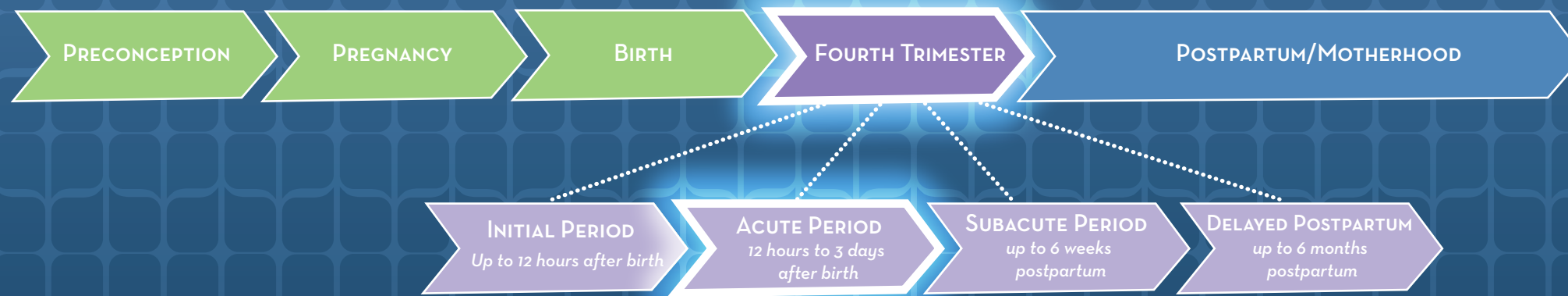
Birth

Potential Risk Factors	Protective Factors	Questions to Ask	Potential Interventions	Client Notes & Next Steps
<ul style="list-style-type: none"> Lack of breastfeeding education and/or support History of mental health challenges Misinformation about breastfeeding Maternal health concerns Pain management during birth History of substance use History of violence No skin-to-skin 	<ul style="list-style-type: none"> A support system (e.g., partner, family, friends) Previous positive breastfeeding outcome Plan to deliver at a Baby Friendly hospital Respect for mother's birth plan No judgement zone 	<ul style="list-style-type: none"> What concerns do you have about breastfeeding? What have you heard about breastfeeding? Do you know where to find breastfeeding support? Tell me about your previous experience(s) with breastfeeding? Do you have a history of drug abuse? What are your thoughts about breastfeeding? What type of breastfeeding support do you have? Are you taking any medications that will keep you from breastfeeding? 	<ul style="list-style-type: none"> Peer-led workshops Provide targeted education to address questions and/or concerns and any additional information Breastfeeding education for providers Wrap-around services Provide list of resources available in the community 	



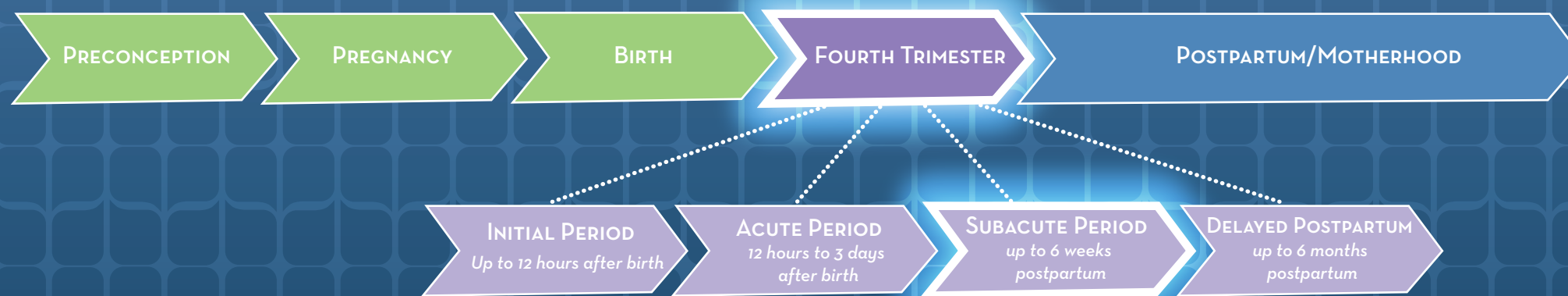
Fourth Trimester: Initial Period

Potential Risk Factors	Protective Factors	Questions to Ask	Potential Interventions	Client Notes & Next Steps
<ul style="list-style-type: none"> Lack of breastfeeding education and/or support History of mental health challenges Hormone fluctuations Visitors Postpartum anxiety Swelling Abnormal bleeding Retained placenta Complications during birth Delayed milk production 	<ul style="list-style-type: none"> A support system (e.g., partner, family, friends) Education on breastfeeding and/or hand expression Initiated skin-to-skin after delivery Knowledge of breastfeeding techniques from CLC, IBCLC, Doula, etc. Rooming-in after delivery Delivery at a Baby Friendly hospital 	<ul style="list-style-type: none"> What concerns do you have regarding breastfeeding? Tell me about your skin-to-skin experience within the first hour of delivery How is breastfeeding going? What type of breastfeeding support do you have? What resources do you need to start and/or continue breastfeeding? If any, what challenges are you experiencing with breastfeeding? 	<ul style="list-style-type: none"> Skin-to-skin after delivery Connection to resource such as Pacify (a mobile application who have IBCLCs available on demand, 24/7) Education on colostrum and its benefits Provide support and resources on latching Education on what to expect (e.g., perineum soreness, cramping, breast changes) Connection to WIC peer support groups for breastfeeding Share available resources (e.g., mom-to-mom groups, baby cafés) Ensure IBCLC present after birth to provide support for initial breastfeeding 	



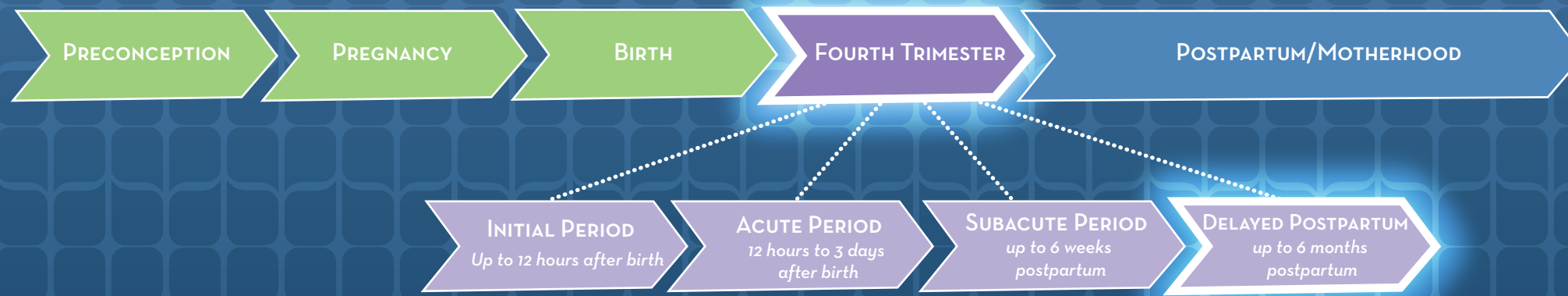
Fourth Trimester: Acute Period

Potential Risk Factors	Protective Factors	Questions to Ask	Potential Interventions	Client Notes & Next Steps
<ul style="list-style-type: none"> • IBCLC present after birth to provide support for initial breastfeeding • History of mental health challenges • Lack of breastfeeding education and/or support • Not having a support system (e.g., partner, family, friends) • Postpartum anxiety • Fear • Lack of access to breastfeeding support (e.g., CLC, community organization) • Hospital staff not supportive of breastfeeding • Exhaustion • Lack of personal support • Delivery complications or infections • Previous negative breastfeeding experience • Latch issues • Delayed milk production • Pain and/or discomfort from delivery • Hormone fluctuations 	<ul style="list-style-type: none"> • A support system (e.g., partner, family, friends) • Hospital staff assesses fit of breasts pump and accessories • Previous positive breastfeeding experience • Education on breastfeeding and/or hand expression • Supportive and knowledgeable hospital staff • Completed a breastfeeding education course • Strong care team • Support system received breastfeeding education 	<ul style="list-style-type: none"> • How do you feel about breastfeeding? • Tell me about your previous breastfeeding experience (if any) • How is breastfeeding going? • What questions or concerns do you have about breastfeeding? • What have you heard about breastfeeding that may concern you? • To you, what are the pros and cons of breastfeeding? • What items or resources would make you feel more comfortable about breastfeeding (e.g., nursing pillow or boppy, disposable underwear, hot water bottle, nursing bras, nursing pads)? • Have you been practicing skin-to-skin? • How does your partner feel about breastfeeding? • What pain or discomfort are you experiencing when breastfeeding? • Are you having any issues with latching? 	<ul style="list-style-type: none"> • Follow-up with clients before clients reach out • Breastfeeding support group • Refresher course with support system on breastfeeding basics • Review breastfeeding positions • Make connection to lactation consultants at the hospital and breastfeeding peer counselors at WIC • Make connecting with a friend or relative with a positive breastfeeding experience • Provide breastfeeding helpline information • Share items for moms (e.g., nursing cover, lanolin cream) • Share list of breastfeeding education material and/or community resources • Advocate for 24-hours skin-to-skin following birth • Regular home visits 	



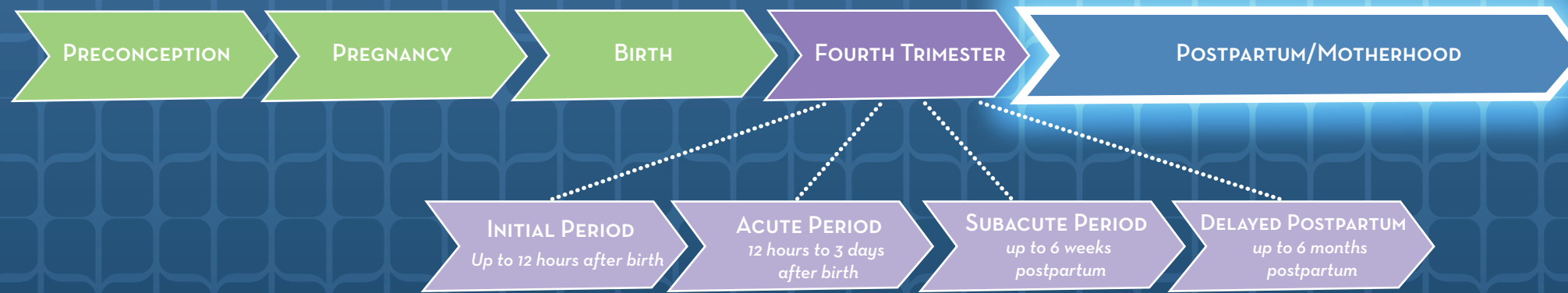
Fourth Trimester: Subacute Period

Potential Risk Factors	Protective Factors	Questions to Ask	Potential Interventions	Client Notes & Next Steps
<ul style="list-style-type: none"> History of mental health challenges Lack of breastfeeding education and/or support Misinformation regarding supply regulating vs "losing" supply Tongue or lip ties and provider(s) are not experienced in addressing them Returning to work Latch issues Mastitis or clogged milk ducts Pump issues (e.g., fit issue, insufficient suction) 	<ul style="list-style-type: none"> Adequate and properly fitted breast pump Resource to assist with pump fit (e.g., WIC, hospital) Healthcare providers for baby who are knowledgeable and up to date on breastfeeding recommendations (e.g., pediatrician, family doctor) Previous positive breastfeeding experience A support system (e.g., partner, family, friends) 	<ul style="list-style-type: none"> About how many times in a 24-hour period is your baby nursing? What have you found most challenging about breastfeeding? If any, what kind of discomfort or pain are you experiencing when breastfeeding? If you plan to return to work, how do you plan to continue breastfeeding? 	<ul style="list-style-type: none"> Provide contact information for lactation consultants at hospital and WIC If enrolled in WIC, ensure they are connected and in contact with their breastfeeding peer counselor Assist in creating a "return to work" plan and address any anticipated issues or concerns Assess mental health status Review breastfeeding basics for this timeframe (e.g., nursing frequency, adequate wet or dirty diapers, supply regulation, remove milk to continue making milk) 	



Fourth Trimester: Delayed Postpartum

Potential Risk Factors	Protective Factors	Questions to Ask	Potential Interventions	Client Notes & Next Steps
<ul style="list-style-type: none"> History of mental health challenges Lack of breastfeeding education and/or support Breastfeeding stopped completely Feeling hopeless, sad, or wanting to give up Returning to work Misinformation regarding “regulating” vs “losing” supply Lack of support from family, friends, and others 	<ul style="list-style-type: none"> Proper nutrition or diet Regular check-ins with case manager or support person(s) Access to resources needed (e.g., breast pump) Prepare and plan for building milk supply before and after returning back to work Reinforced value of breastfeeding Identified breastfeeding champion and the role that person can play A support system (e.g., partner, family, friends) 	<ul style="list-style-type: none"> What are your stressors? What can I do to help with you and the baby? Do you have/need a breast pump? What is your work environment like? How supportive do you think your employer will be regarding breastfeeding? How is breastfeeding going? How long would you like to breastfeed? Who in your circle has supported your decision to breastfeed? What would help you to continue breastfeeding? 	<ul style="list-style-type: none"> Attend support groups to discuss feelings and emotions Providing daily assistance in the home to help take care of mom & baby, having a mommy me day only Provide ways to help mom deal or manage stress in a healthy manner Connect mom with other moms who have successfully continued to breastfeed while working Review breastfeeding basics for this timeframe (e.g., nursing frequency, adequate wet or dirty diapers, supply regulation, remove milk to continue making milk) Assist client in identifying a support person(s) If enrolled in WIC, ensure they are connected and in contact with their breastfeeding peer counselor Discuss barriers and ways to avoid or overcome them 	



Postpartum/Motherhood

Potential Risk Factors	Protective Factors	Questions to Ask	Potential Interventions	Client Notes & Next Steps
<ul style="list-style-type: none"> History of mental health challenges Lack of breastfeeding education and/or support Lack of rest Short interpregnancy spacing Diagnosed with (or symptomatic of) a postpartum mood disorder (e.g., depression, anxiety) 	<ul style="list-style-type: none"> Breastfeeding education Proper nutrition or diet Regular check-ins with case manager or support person(s) Formal and informal support to parents and baby 	<ul style="list-style-type: none"> How are you, your baby, and your family transitioning to solid foods? How has nursing your baby changed during this transition? If any, what noticeable changes to your mood have you noted? What does your breastfeeding support group look like? What age-appropriate activities of daily living (e.g., breathing, bathing) have you been able to complete? How has your mood been affected by breastfeeding? What challenges are/have you experiences with breastfeeding? 	<ul style="list-style-type: none"> Referral to mental health professional for evaluation Working with lactation consultant or home visitor for added breastfeeding support Identifying ways informal support people can help parent and baby daily Postpartum doula Support group 	