

PAT GIMA'S PROTOCOL FOR INDUCTION OF LACTATION IN ADOPTIVE MOTHERS WITH CASE STUDY OF ADOPTED TWINS

There are several ways of achieving success as defined by a given mother. To me the primary goal is feeding the adopted baby at the breast. A nursing supplementer can assure that all of the baby's nutrition is taken at the breast, offering the mother and baby the benefits of breastfeeding.

Any human milk that the mother can provide from her own breasts or that donated from other sources is a valuable asset to the baby. But producing a lot of milk is not a goal that I stress. Measuring the milk that the mother produces can take the focus away from a loving feeding relationship between her and her baby.

My protocol features:

1. Pumping the breasts before baby arrives
 - a. Beginning with 5 minutes 3 times a day
 - b. Increasing duration and frequency as supply increases
 - c. Continuing to pump after baby goes to breast if time and energy allow
2. Herbal galactogogues
 - a. More Milk Plus
 - b. Goat's Rue
 - c. Domperidone
3. Skin to Skin contact and baby wearing after baby arrives
 - a. Hormonal stimulation
 - b. Infant/mother bonding
4. Feeding with supplemental system
 - a. Baby feeds at the breast
 - b. Optimal oral development
 - c. Healthy emotional attachment