

ILCA 2008 – Marcia Barritt

Breastfeeding in Emergencies: Cathy Carothers, BLA, IBCLC

The types of disasters were reviewed including an overview of the functions of emergency workers in order of priority while providing assistance. Discussion related to the protection of breastfeeding in disaster emergencies was followed by specific suggestions to help maintain breastfeeding. Ideas for the operation of an on site lactation clinic in a shelter setting, as well as the provision of lactation services in the community were presented. Through advance planning, effective ways to promote breastfeeding both before the event and following a disaster were explained. Having these measures in place prior to the occurrence and specific methods of implementing these recommendations at the onset of emergency conditions was stressed, as was the necessity for follow up assessment post disaster.

Baby Led Breastfeeding: Christina Smillie MD, FABM, IBCLC

New information was presented related to infant competence, the baby's innate ability to self attach and take the lead in latching at the breast. This capability persists beyond the first 24 hours following birth into the next several months. A description was provided of mother-baby neurobehaviors that facilitate the process of attachment at the breast and how both mother and baby learn by association within the neurosensory interactions of both. An explanation of the right brain to right brain communication between mom and baby aided in an understanding of affective synchrony and how this helps encourage biological nurturing.

New Methods of Increasing Milk Production: Diana West BA, IBCLC

New information was provided on ways to increase milk production through increasing milk removal by means of pumping strategies intended to stimulate the milk ejection reflex and up-regulating milk production. The role of galactagogues in increasing milk production was discussed with anecdotal experience drawn from Diana's private lactation consultant practice which indicated success through the use of Goat's Rue, which may promote regrowth of breast tissue while reducing blood sugar levels. Galactagogues were described as being useful after the problem has been identified and thus specific galactagogues can be targeted to the existing problem.