

A few truths

Jack Newman, MD, FRCPC

A few truths

1. Almost all women could breastfeed successfully if they had a good birth, good help and good support
2. The notion that formula is almost the same as breastmilk is patently untrue
 - formulas are not even close if you look at the biochemistry
3. Breastfeeding is much more than breastmilk
4. Almost no drug is contraindicated during breastfeeding
5. Almost no maternal illness requires a mother to interrupt or stop breastfeeding (e.g. MRSA infected mothers should breastfeed, directly from the breast)

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6. Almost no illness of the infant or child requires the mother to stop or interrupt breastfeeding
7. Jaundice in the first few days, not due to pathology (hæmolysis, G6PD deficiency, for example) is not due to breastfeeding or breastmilk, but *rather to inadequate intake of breastmilk*
 - Therefore, interrupting breastfeeding is contraindicated
 - Also if due to pathology
 - Fixing the breastfeeding is indicated
8. So called "breastmilk jaundice" is normal and breastfeeding should not be interrupted
9. A large baby is not at increased risk of hypoglycemia if the mother is not diabetic

A few truths

10. Sore nipples are not a necessary part of breastfeeding
11. Nipple shields are rarely if ever a part of good treatment of breastfeeding problems
 - There is no reason at all to use them before the milk "comes in"
12. Test weighings are not helpful in the management of breastfeeding issues
13. Many premature babies can start going to breast by 28 weeks gestation
14. Breastfeeding to two years and beyond is normal

A few truths

15. It's all about the birth!
 - ❖ A quote from Diane Wiessinger
 - We have ample literature on birth in both domestic animals and zoo animals
 - The resounding message for helpers in all the literature is: *If possible, stay out of the way*
 - Mammalian mothers choose their own birthplace, usually somewhere secluded and quiet
 - They experience all the sensations of labor
 - They feel the delivery
 - They smell the birth

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- They smell themselves on their babies
- They clean up from the birth themselves and never lose track of where their babies are
- The babies follow a pre-programmed behavior that leads them from vaginal outlet to nipple
- When any of these links is disrupted, there is a high likelihood that the mother will reject the baby or that the baby will be too confused to complete his role

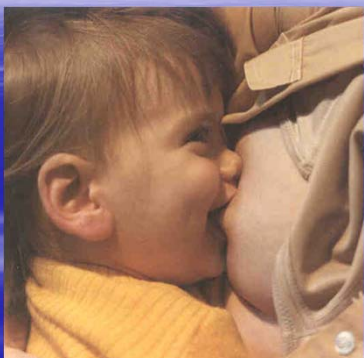
A few truths

- The lesson that shouted out to me from all the literature I read—a lesson that took me 30 years to figure out—is that there's very little information on mammalian infant feeding
- *It's all about the birth*
- Following a normal birth, infant feeding just...happens
- Following an interventionist birth, the mother rejects the baby and there is no nursing at all
- Our hospital births break every rule in the mammalian list of mother-baby necessities





Twenty month old



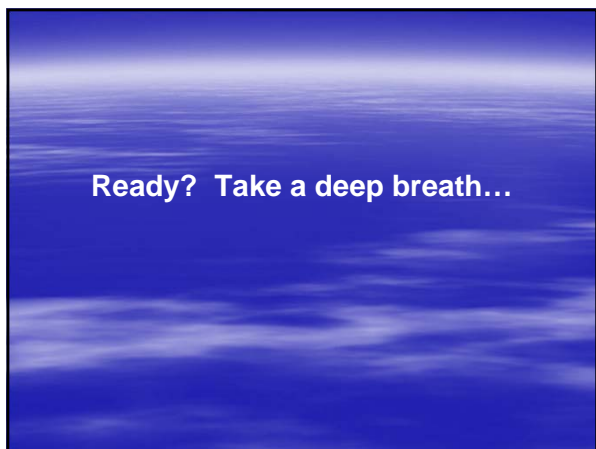
Formula company marketing...

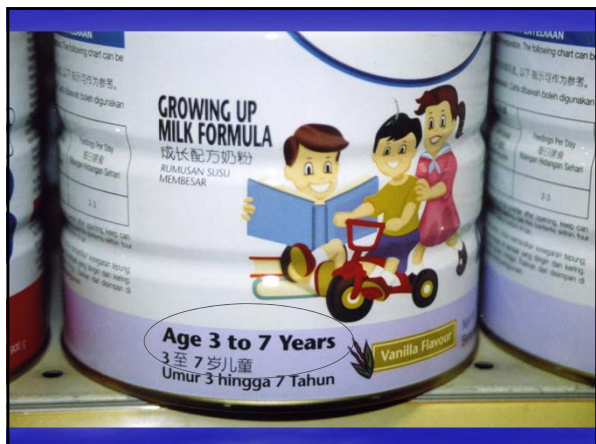
- 16. Many of our ideas about breastfeeding and formula are a result of formula company marketing





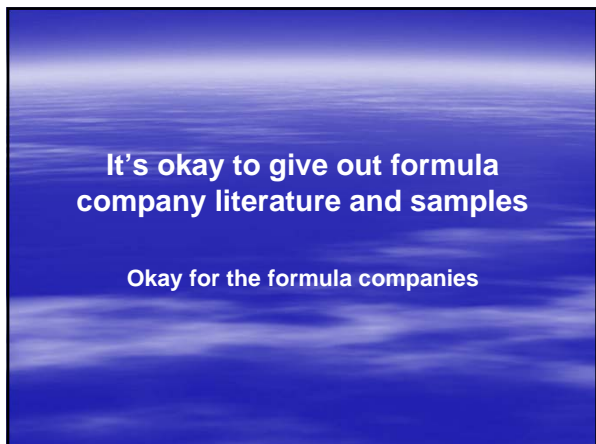


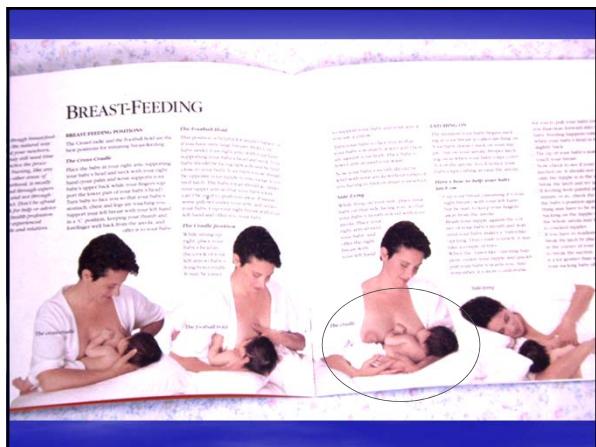




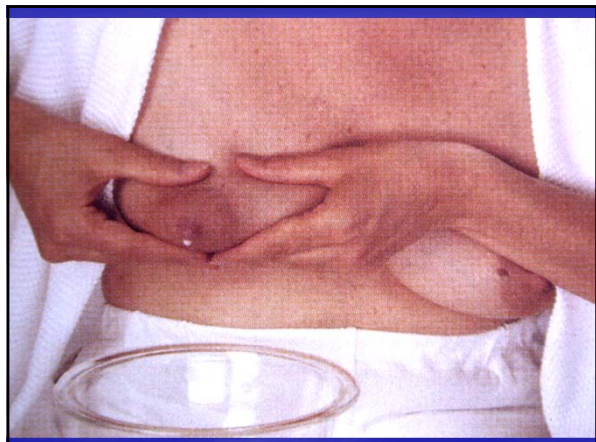




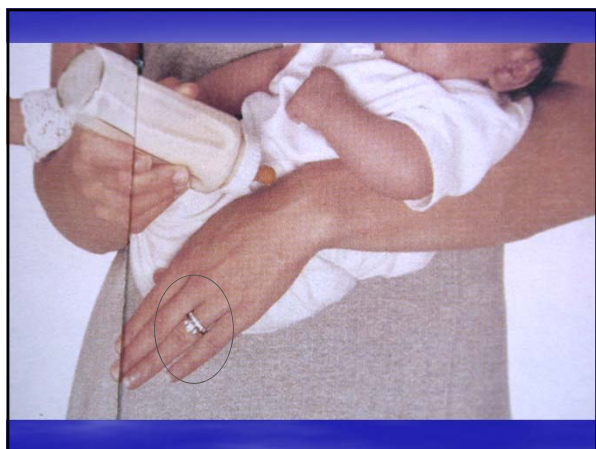




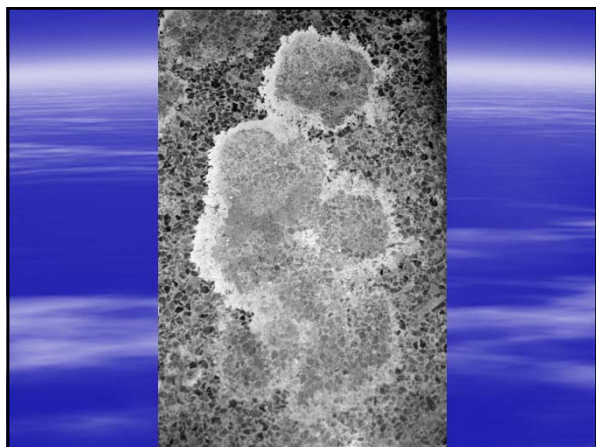












Contact information

- My email: drjacknewman@sympatico.ca
- Our website: www.breastfeedinginc.ca allows free access and contains:
 - information sheets in English and some in French, a few in Russian and Portuguese, all in Indonesian
 - video clips with explanatory texts in English, French, Spanish, Chinese, Russian, Portuguese, Italian, Indonesian, Arabic, Slovak, Slovenian, Romanian, Slovak, Slovenian and German
 - information about our teaching institute, including amongst many other programmes, a diploma course (click "institute" for more information)
