



# PUBLIC HEALTH NOTES

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## *Weight Management* for breastfed newborns

Infants are expected to lose up to 8-10% of their birth weight in the first 3-4 days. The mother's milk changes from colostrum to transition milk around day 3 for vaginal births, and day 5 for some cesarean sections. This will contribute to the infant's weight gain.

### MINIMUM EXPECTED WEIGHT GAIN

Birth weight regained by 3 weeks of age

4 ounces per week at 2 weeks-4 months

3 ounces per week at 4-5 months

2 ounces per week at 6-12 months

### SIGNIFICANT WEIGHT LOSS

First, observe the dual breastfeeding to determine effective positioning and latch, suck, milk production and milk removal. If the infant has significant weight loss, meaning weight is down >8-10% from birth weight at day 5 or later, conduct a thorough evaluation before automatically ordering supplementation. Use the following measurable components to determine if the weight loss requires intervention:

- ✓ Review the mother's intrapartum Intravenous (IV) fluid. The use of IV fluid during labor and birth has been shown to significantly inflate the infant's birth weight. This contributes to large volume losses, as the infant works towards water and electrolyte homeostasis. This is not true weight loss.
- ✓ Assess for number of voids per day: During the first week, infants should have the same number of voids as their age in days (e.g.: day one: 1, day three: 3, day six: 6). From day seven onward, infants should void 6-8 times per day. To note, one wet diaper equals ~ 30 cc.
- ✓ Assess bowel movements (BMs) for color: Transition to yellow seedy stools by day 4 of life.
- ✓ Assess the infant's waking consciousness: Infants in the first week will often present as sleepy, but are able to sustain feeding, and maintain an active alert state for short periods. An infant who is unable to stay awake long enough to eat or lethargic, requires intervention.



### INTERVENTION

If intervention is indicated, the mother and infant must be assessed by a professional with breastfeeding expertise (see Appendix A) in order to create an infant feeding plan. If supplementation is recommended, the FIRST choice of supplement is the mother's own milk. If the mother is unable to express enough milk for supplementation, then formula is the NEXT available option.

### KEY POINTS

- ✓ Refer to a professional with breastfeeding expertise anytime a significant weight loss is observed.
- ✓ Consider other measurable components then weight (voids, color of BMs, lethargy).
- ✓ Review mom's IV fluid intrapartum (birthweight inflated?).
- ✓ Observe infant and mother breastfeeding.

## APPENDIX A : Professionals with Breastfeeding Expertise

PHYSICIAN'S { BREASTFEEDING } TOOLKIT

### LACTATION CONSULTANTS & PUBLIC HEALTHNURSES

{Renfrew County  
and District}

Public Health Nurses	COST	PHONE
<p>Renfrew County and District Health Unit, Family Health intake line, Monday – Friday 8:30-4:30. Calls returned within one business day.</p> <p>Public Health Nurses available for phone or in-home breastfeeding support for all families living in Renfrew County and District. Certified Lactation Consultant (IBCLC) available.</p>	Free	(613) 735-8651 ext 589
Private Lactation Consultants		
Lois O'Brien BScN, Lactation Consultant (IBCLC)	One-time fee \$25 local (Petawawa/ Pembroke), \$40 for outlying areas.	(613) 735-8049 Call between 8am-10pm only
Breastfeeding Clinics		
Pembroke Regional Hospital, labour & birth unit Patty Keon RN, Lactation Consultant (IBCLC) available Monday-Friday by appointment up to 7 days after birth.	Free	(613) 732-2811 ext 6438
Pembroke Breastfeeding Drop-in Monday's 9am-12pm, at the West Champlain Family Health Team (315 Pembroke St. E). Open to all, do not need to be a patient. No appointment needed.	Free	Ashley Hanly RN BScN (613) 735-8651 ext 578
Petawawa Breastfeeding Drop-in Tuesday's 9am-11am, at the Petawawa Centennial Family Health Centre (154 Civic Centre Rd). Open to all, do not need to be a patient. No appointment needed.	Free	Heidi Krebs NP (613) 687-7641

OTHER BREASTFEEDING  
SUPPORT

{Renfrew County  
and District}

NATUROPATHIC DOCTOR	COST	PHONE
Cheryl Allen	Fees covered by some extended health plans	(613)635-7206
PHYSIOTHERAPY		
Ottawa Valley Physiotherapy & Sports Medicine	Fees covered by some extended health plans	Petawawa Office: (613) 687-6600 Renfrew Office: (613) 432-9088
Physio in the Valley	Fees covered by some extended health plans	(613) 635-4777
TONGUE TIE REFERRALS		
Dr Linde Corrigan, Petawawa Centennial Family Health Centre 154 Civic Centre Rd, Petawawa, ON (Self-referral accepted, access through Petawawa Breastfeeding Drop-in)	OHIP	(613) 687-7641
Dr Gina Corrigan and Dr Kipp, North Renfrew Family Health Team 117 Banting Dr. Deep River, ON	OHIP	(613) 584-1037
Dr Fayad, Dentist, Chapman Hills Dental 50 Marketplace Ave, Unit 11, Ottawa, ON Frenectomy using laser treatment	Fees may be covered by some extended health plans	(613) 823-4001
Dr Crossman, Dentist, Hampton Park Dental Centre 1399 Carling Ave, Ottawa, ON Frenectomy using laser treatment	Fees may be covered by some extended health plans	(613) 792-4040