

**2003 La Leche League International Conference**  
**Session 102: Exclusive Breastfeeding Is it Possible**  
**Friday, July 4 , 2003 10:00 AM (1000) – 12:00 PM (1200)**

**Audrey Naylor, MD, DrPH**

<b>OBJECTIVES</b>	<b>CONTENT</b>	<b>TIME FRAME</b>	<b>CONTENT SPECIALIST</b>	<b>TEACHING METHOD</b>
Describe three advantages of exclusive breastfeeding for infants and for mothers.	I. Exclusive Breastfeeding: Does it really matter? A.. Exclusive breastfeeding defined	10 min.	Audrey Naylor (AN)	Lecture Slides Handouts
Describe two indicators of developmental readiness to discontinue exclusive breastfeeding.	B. Developmental readiness C. Human Perinatal Biologic Transitions D. Immunology of Human Milk E. Infant Outcomes F. Maternal Outcomes G. Mother/baby Outcomes	20 min.	AN	Lecture Slides Handouts
Describe the relationship between exclusive breastfeeding and Optimal Infant Feeding (OIF).	II. Exclusive Breastfeeding as a Component of Optimal Infant Feeding? A.. Optimal Infant Feeding Defined B. Duration of Exclusive Breastfeeding – Past and Current Recommendations III. National Goals and Current Trends A.. National Goals B. Current Trends	25 min.	AN	Lecture Slides Handouts
Describe two barriers to exclusive breastfeeding and OIF, including corresponding ways to eliminate these barriers.  Describe the impact of prenatal, perinatal and postpartum care practices on OIF.	IV. Barriers to Achieving Exclusive Breastfeeding and Optimal Infant Feeding A. Cultural Norms & Family Attitudes B. Confidence and Support Issues C. Father's role issues D. Employment E. Formula Marketing F. Health Care Provider ignorance G. Perinatal Care routines	25 min.	AN	Lecture Slides Handouts
Describe at least three ways to support families who elect to undertake optimal infant feeding.	V. Overcoming the Barriers A. Prenatal B. Perinatal C. Post Discharge VI. Baby Friendly Hospital Initiative VII. How to Help	20 min.	AN	Lecture Slides Handouts
Question and Answer.	Participant Questions Discussed.	10 min.	AN	Discussion

## Exclusive Breastfeeding: Is it possible?

A Presentation by

Audrey J. Naylor, MD, DrPH, FAAP, FABM

### Objectives

At the completion of this presentation participants will be able to describe:

- At least three advantages of exclusive breastfeeding for infants and for mothers
- Two indicators of developmental readiness to discontinue exclusive breastfeeding
- The relationship between exclusive breastfeeding and Optimal Infant Feeding (OIF)
- Some barriers to exclusive breastfeeding and OIF and ways to eliminate these barriers.
- The impact of prenatal, perinatal and postpartum care practices on OIF
- At least three ways to support families who elect to undertake optimal infant feeding.

### Presentation Outline

- I Exclusive breastfeeding: Does it really matter
  1. Exclusive breastfeeding defined.
  2. Developmental Readiness
  3. Human Perinatal Biologic Transitions
  4. Immunology of Human Milk
  5. Infant Outcomes
  6. Maternal Outcomes
  7. Mother/baby outcomes
- II. Exclusive Breastfeeding as a Component of Optimal Infant Feeding ?
  1. Optimal Infant Feeding Defined
  2. Duration of Exclusive Breastfeeding  
Past and Current Recommendations
- III. National Goals and Current Trends
  1. National Goals
  2. Current Trends
- IV. Barriers to Achieving Exclusive Breastfeeding and Optimal Infant feeding
  1. Cultural Norms and Family Attitudes
  2. Confidence and support issues
  3. Father's role issues
  3. Employment
  4. Formula Marketing
  5. Health care provider ignorance
  6. Perinatal Care routines
- V. Overcoming the Barriers
  1. Prenatal
  2. Perinatal
  3. Post Discharge
- VI. Baby Friendly Hospital Initiative
- VII. How to Help

## EXCLUSIVE BREASTFEEDING: IS IT POSSIBLE?

### Specific References

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### Basic Background References

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