

Utah Breastfeeding Health

Developed for health professionals to support Breastfeeding

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[Factors Affecting Breastfeeding in Births Given During the Day and at Night; A Cross-Sectional Comparative Study](#)

Day and night labor have different advantages and disadvantages on breastfeeding. It is important to address these differences in terms of intrapartum and postpartum care process to prevent negative breastfeeding experiences in the early period.

[Successes of a Focused Mothers' Own Milk \(MOM\) Program in Counteracting Unintended Effects of a Donor Milk Program on MOM Rates at Discharge](#)

Changes in very low birth weight (VLBW) feeding strategies to avoid early formula feeding utilizing donor milk can be successful among diverse maternal racial and ethnic populations. Nursing and maternal education coupled with early lactation support and attention to maternal individual long-term feeding plans were critical to improve mothers' own milk (MOM) at discharge among mothers of all racial—ethnic backgrounds for successful attainment of MOM utilization in term corrected VLBW infants at discharge.

[Perinatal Smoking and E-cigarette Use and Their Relationship with Breastfeeding: PRAMS 2015–2020](#)

Likelihood of breastfeeding initiation and continuation in women using e-cigarettes was comparable to those who neither smoked nor used e-cigarettes. Future research needs to elucidate differences in breastfeeding by sociodemographic and health-related characteristics of women who smoke or use both products compared to those who use e-cigarettes. Understanding women's motivation behind use of a particular tobacco product is also important, so mothers who smoke e-cigarettes are not incorrectly perceived as safer users and excluded from tobacco cessation interventions.

[Breastfeeding and Antepartum Breast Milk Expression \(BABE\): A Randomized Control Trial Utilizing an Electric Breast Pump and its Effect on Postpartum Breastfeeding](#)

Antenatal breast milk expression did not significantly improve exclusive breastfeeding rates, but safely provides women opportunities to become familiar with breastfeeding before delivery and can provide readily available colostrum.



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[Comparative Effectiveness of Olive Oil and Breast Milk on Nipple Soreness in Breastfeeding Mothers](#)

This study found that olive oil had similar effects on nipple pain and soreness to breast milk. In addition, most breastfeeding mothers provided positive feedback on using olive oil. Olive oil can be a safe, accessible, and alternative choice for breastfeeding mothers in treating nipple pain and soreness, especially early in the breastfeeding period.

[The Impact of Excessive Weight on Breastfeeding Intention, Initiation, and Duration](#)

Breastfeeding outcomes are negatively associated with high maternal weight status and prenatal mental health with the relationship between the two being interconnected, despite subclinical scores on the Beck Depression Inventory. Further research is needed to explore the role of mental health on breastfeeding outcomes. From these findings, targeted prenatal interventions for women with excessive weight and depressive symptoms would likely promote and improve breastfeeding outcomes.

[Breast Milk Production Variability Among Mothers of Preterm Infants](#)

Pumping logs may affect the availability of MOM for preterm infants. Frequency of pumping in the first week and milk volume on day 7 may impact long-term lactation success for these women.

[Comparison of Effect of Feeding Premature Infants with Either Cup, Bottle, and Syringe on Transition to Breastfeeding, Breastfeeding Success, Weight Gain, and Duration of Hospitalization](#)

The syringe feeding method was determined to more positively affect breastfeeding success, transition to full breastfeeding duration, and vital signs compared to the cup feeding and bottle-feeding methods. In line with the results obtained in the study, the use of the syringe feeding method may be recommended to increase breastfeeding success of neonates, to shorten the transition to full breastfeeding and for stable physical parameters.

[The Utilization of Sodium Concentration in Human Milk from Pump-Dependent Mothers of Preterm Infants as a Measure of Milk Production](#)

In the early stage of lactation initiation (within 5 days postpartum), using a hospital-grade electric breast pump promotes lactation in mothers who deliver prematurely and the sodium concentrations normalize more quickly. Sodium can be used as an objective biomarker of MOM to evaluate the possibility of delayed lactation in mothers of premature infants, and it could assist interventions in the early postpartum period.

[The Effect of Skin-to-Skin Contact on Placental Separation Time and Initiation of Breastfeeding](#)

The first hour and minutes immediately after birth are quite important for both the mother and the newborn. Ensuring skin-to-skin contact during this period has a positive effect on the mother both psychologically and physiologically, and it is also important in starting breastfeeding.