

Utah Breastfeeding Health

Developed for health professionals to support Breastfeeding

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Editor: Christina
Perry, RD, IBCLC

[What you should know about the Pregnant Workers Fairness Act](#)

The [Pregnant Workers Fairness Act \(PWFA\)](#) is a new law that requires [covered employers](#) to provide “reasonable accommodations” to a worker’s known limitations related to pregnancy, childbirth, or related medical conditions, unless the accommodation will cause the employer an “undue hardship.”

[Fathers, breastfeeding, and infant sleep practices: Findings from a state-representative survey](#)

Fathers reported suboptimal infant breastfeeding rates and safe sleep practices overall and by paternal characteristics, suggesting opportunities to include fathers in promotion of breastfeeding and infant safe sleep. Father’s attitude toward breastfeeding and educational attainment were associated with breastfeeding rates. These findings reveal that father-reported breastfeeding and safe sleep practices do not meet national recommendations.

[Gifts, growing, and love: A qualitative analysis of children’s literature depicting breastfeeding](#)

Children’s literature can be a way to provide education to young children about breastfeeding by providing terminology, familiarity with breastfeeding, and resources for education or information for parents.

[Calcium, zinc, and Vitamin D in breast milk: A systematic review and meta-analysis](#)

This review provides global estimates of calcium, zinc and Vitamin D content in breast milk, as well as indications on changes over time and depending on influencing factors. Results of the review can be used as an aid in assessing infant and young child nutrition.

[Delayed bathing](#)

Research shows that delaying the first bath after birth can have a significant impact on early breastfeeding. The International Childbirth Education Association (ICEA) recently published a position paper titled "Delayed Bathing" encouraging parents and care providers to consider delaying the first bath.



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[The relationship of preterm, term, and post-term births to maternal stress and human milk cortisol levels](#)

Maternal stress can lead to changes in the composition of human breast milk. The present study evaluates cortisol levels in the breast milk of mothers after giving birth preterm, term, or post-term, and ascertains whether the levels are associated with maternal stress. This study shows although there is an association between maternal stress and preterm labor and milk cortisol levels, we believe that more studies are needed to establish a causal link.

[Opioid use disorder during breastfeeding](#)

Opioid use disorder (OUD) in nursing is treated using the same medications as in other persons. A considerable amount of information is available on the main drugs used in maintaining abstinence in nursing mothers. Buprenorphine and methadone are the most commonly used drugs for maintenance. Breastfeeding can improve infant outcomes and reduce the rate of relapse in mothers with OUD.

[Co-parenting impact on breastfeeding: Systematic review and meta-analysis](#)

Co-parenting interventions effectively increase EBF rates at 16 weeks and 6 months postpartum, and improve breastfeeding knowledge, breastfeeding attitude, and parental relationships.

[Drinking changes during pregnancy and postpartum breastfeeding pattern and duration](#)

The profile of smoking change during pregnancy impacts the likelihood and duration of breastfeeding in a dose-dependent and inverse manner. No such relationship was found with drinking change during pregnancy.

[Mixed feedings and Necrotizing Enterocolitis: The proportion of human milk matters](#)

Necrotizing enterocolitis (NEC) is an intestinal disease leading to neonatal death in infants born prematurely. Low ratio of human milk ($\leq 54\%$) significantly increased the risk of intestinal complications in very low birth weight (VLBW) infants.

[Milk fatty acids and infant growth](#)

Prevention of prepregnancy obesity is important for future generations, as prepregnancy obesity has many adverse effects on the mother and infant and may affect the composition of breast milk.

[Skin-to-skin contact correlated with improved production and consumption of mother's own milk](#)

Our findings suggest that skin-to-skin contact duration is associated with improved mother's own milk production and consumption. Skin-to-skin can be a useful tool to increase mother's own milk exposure and improve long-term health outcomes in preterm infants.

[Nipple vasospasm of nursing mothers](#)

Nipple vasospasm is a painful cutaneous vasoconstriction that nursing mothers experience after breastfeeding. Timely diagnosis prevents unnecessary antimicrobial treatments. Precise and rapid diagnosis is crucial, as pain is a risk factor for cessation of breastfeeding and its exclusivity.